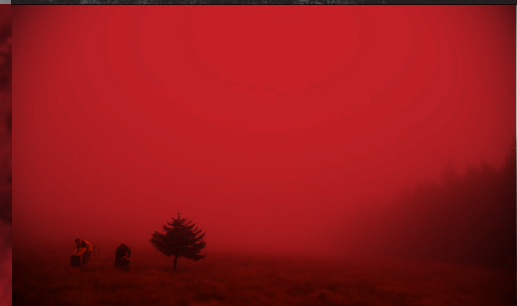


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EXAMPLE 4MUK KIT LIST ///

You need the following equipment for an XCC (one or two things may change). Don't forget anything, and don't bring any more than what is listed below.

Equipment Guidelines: Your total kit should weigh only 15kg, not including 1.5 litres of water (that you must also bring and carry with you). At the start of the weekend, you will be given an extra 5kg which consists of food and extra equipment. So make sure you can carry a 20+kg load over extended distances!

Other (unnecessary) kit like cameras, phone, etc. will be held for you so that you're not distracted during the weekend (so best not to even bring them!) Each team is allowed to carry two mobile phones for emergency purposes only. Make sure that these phones are fully charged on arrival.

Equipment Tip: Try to borrow items you do not already have; purchasing kit you don't usually use could be an unnecessary waste of money.

KIT LIST:

Personal Kit:

- Rucksack
- Head torch (+ spare batteries)
- Minimal Toiletries - as required
- Hi-Vis safety vest
- Survival bag

Sleeping Stuff:

- Warm sleeping bag
(packed in a waterproof bag/sack)
- Sleeping mat

Cooking Kit:

- Knife, Fork, Spoon
- Plate/bowl/mess tin
- Mug
- 1.5L water bottle(s) – full on arrival
- Scourer /cloth
- 1L metal pan/tin/bowl

Group Kit:

- Tents (2 man+ -- we expect you to share)
- Navigation Compass
- Matches/lighter
- 10m+ of (8mm+ thickness) rope

Clothes:

- Good waterproof jacket & trousers
- Outdoor/trek trousers
- Long sleeve top
- Thermals (& spares)
- Fleece jumper
- Neck scarf
- Gloves
- Warm hat/Beanie
- Thick walking socks
- Old Trainers
- Shorts & top to get wet & dirty
- Sturdy hiking boots

Xtras as desired:

- Sunglasses
- Waterproof poncho
- Spare underwear
- Sun cream/insect repellent
- Trekking poles
- Pen knife
- Tissues / Wet wipes
- Camp pillow
- Ear plugs
- Gaiters
- Small Towel