

Wolds Challenge Hike Kit List

The kit check is very strict on the Saturday Morning and your rucksack and each item will be checked in detail – YES, IT IS ALL TIPPED OUT - do not skimp, your safety depends on it.

Personal Kit (You Must Carry All Items)

Inner Layer - Shirt

Middle layer - Fleece Sweater / Jumper

Trousers (No Jeans) - Cotton trousers are recommended. Layers are always better and warmer!

Outer layer - Waterproof Jacket

Spare clothes - Warm bottoms, warm top and socks – in a plastic bag to keep them dry

Waterproof Trousers

Boots - These are to be worn

Gloves

Hat

Rucksack - Approx 30L - Big enough to hold all the equipment required for the walk

Torch and spare batteries - Multi LED if possible - otherwise a spare lamp must be carried

Bivvy Bag - Plastic or Goretex

Food and Drinks for Saturday Lunch - This should consist of food that can be eaten on the move

Water Bottle (Full) – Minimum of 1 litre of water to be carried

Gaiters (Optional)

First-aid kit - Must only contain items you are trained to use

Pencil and paper

50 pence for phone – incase there is no mobile phone signal (it is possible!)

Whistle - for emergency use

Hi visibility vest - This needs to be attached to ruck sack

Emergency rations - High energy foods or min 4 mars bars – these are checked at the end!

Team Kit

To be shared out between team members in proportion to size and weight of each person

2 x maps - For area covering the route

2 x compasses

2 x map cases - If maps are not laminated

2x watches - Watches are necessary for navigation

1x mobile phone - This should be brought in a water proof bag / case

Emergency Shelter - 1 x 4 person Bivi Shelter per 4 people in the team