

ITEMS 1 to 24

TEAM No

PERSONAL EQUIPMENT	A				B				C				D				E				F			
	4	3	2	0	4	3	2	0	4	3	2	0	4	3	2	0	4	3	2	0	4	3	2	0
1. HEADGEAR																								
2. GLOVES / MITTS																								
3. WATERPROOFS (Jacket)																								
4. WATERPROOFS (O/trsrs)																								
5. BASE LAYER																								
6. UPPER CLOTHING																								
7. LOWER CLOTHING																								
8. SOCKS																								
9. WARM WEATHER GEAR																								
10. BOOTS																								
11. COMPASS (silva type)																								
12. WHISTLE																								
13. WATCH																								
14. TORCH																								
15. HILL FOOD AND DRINK																								
16. PEN or PENCIL / PAPER	■				■					■					■						■			
17. RUCKSACK																								
18. SLEEPING BAG																								
19. SLEEPING MAT																								
20. SPARE SWEATER/THERMAL																								
21. SPARE SOCKS	■				■					■					■						■			
22. SPARE TROUSERS	■	■			■	■				■	■				■	■					■	■		
23. PENKNIFE/SPOON/ MUG/ BOWL or PLATE																								
24. EMERGENCY RATIONS			■	■		■	■			■	■			■	■			■	■			■	■	
COLUMN TOTALS:																								
TEAM MEMBERS TOTALS:																								
TEAM OVERALL TOTAL:	Total x 0.8, if team has 5 members Total x 0.66 if team has 6 members																							

Warm hat is essential. Scarfs and buffs are optional but get no extra points.

Thick gloves are best so you can still navigate and eat Haribo. Thick gloves or mitts get full marks. Thin liner gloves only get two marks.

Waterproof (not showerproof), hood (ideally stiffened), taped seams.

Waterproof. Note gaiters are a personal choice and get no extra marks

Thermal/wicking underwear type is best (4). Cotton T shirts are the worst (0)

Thin polyester fleece is best (4). Cotton sweatshirts or hoodies are not as good (2).

Outdoor hiking type pants are the best. No Jeans or cotton pants.

Ideal is 2 pairs, one thin as a liner and an outer thicker pair, but use whatever is best for your feet in your boots.

Minimum of one litre of water per person is essential. Full arm/leg cover or plenty of suncream. Sun hat. This category will only be marked if we think there is the possibility of warm dry weather over the weekend. Check the MWIS forecast before you leave home.

Proper walking boots with decent tread that has not worn out. 2 per person is about right.

Minimum of 2 per team, full marks for one each.

Dirt cheap. No excuse for all team members not to have one. Minimum is 2 per team, full marks for one each.

One that tells the time. Minimum of two per team

Head torches are best. Full marks only if you have spare batteries. None LED torches should have a spare bulb and batteries.

2 Pack lunches or equivalent. Make sure its easy to eat when on the hill. Water Bottle or flask is up to you, or a small one of each

Minimum of 2 per team

Big enough to put it all in. The only thing that should be on the outside of your rucksack is your Sleeping Mat if it wont fit in.

Warm enough but not too big and bulky

Essential. Closed cell foam or inflatible thermarest type. Both types will get the same marks.

Polyester fleece or a thin insulated top is best (4). Cotton sweatshirts are not as good (2).

Optional, but nobody likes wet feet on Sunday morning.

Optional. Not really needed if your trousers are quick drying hiking pants and you have waterproof pants. Pair of light hiking pants, pair of thin tracksuit trousers, longjohns or tights are sufficient. You can wear them under your waterproof trousers if needed. Your choice.

If the bowl is metal you can use it for cooking. You can count metal bowls you are not counting as group equipment

3 Mars bars (4), 2 Mars Bar (3). 2 Mars bars or equivalent is the minimum. Go buy more chocolate.