

Outdoor Challenge 2010

MANDATORY KIT

Teams could be refused at the start if they do not have all kit

Each Competitor *must* wear or carry the following mandatory kit on the whole route each day:

- Good quality trainers/boots
- Socks
- Warm full leg cover (not jeans)
- Warm shirt / T- Shirt
- Fleece top or jumper
- Rainproof Jacket & Trousers
- Hat & Gloves
- Food and Drink
- Rucksack
- Suncream – you never know!!

Each Team *must* also carry between them:

- A first aid kit
- A compass and whistle
- The event map and control card (supplied Sat and Sun mornings)
- Paper, pen or pencil

Random Kit Checks Will be carried out during the event!

**Remember:
Mandatory Kit is for You & Your Team's
Safety!!!**