



High Adventure.

Leicestershire Explorer Scouts Hill Challenge.



Kit List

Competition Checklist

Listed equipment is essential and will be checked!

See attached sheets for minimum quality of equipment.
For further advice contact your area mountain advisor.

Personal Kit Activity Wear

Boots (good condition)
Gaiters
Socks
Trousers/ breeches
Shirt / Sweatshirt
Long sleeve sweater/fleece
Anorak / fibre pile / fleece
Waterproof Cagoule
Over trousers
Warm Hat / balaclava
Gloves / mittens
Watch

Activity Wear

Rucksack
Rucksack liner (Not bin liners)
Spare poly bags
Torch
Spare battery & bulb
Whistle
Personal survival bag
Personal first aid kit
(including "Spenco" blister kit)
Water bottle / Vacuum flask
Spare boot laces
Spare clothing (sweater/socks/complete change)
Pencil and paper
Scout Emergency card (one side filled in)

Personal Camping Kit

Warm sleeping bag
"Karri-Mat"
Night wear
Mug
Cutlery (To suit menu)
Plate / Bowl (Ditto)
Personal Wash kit
Waterproof Matches

Team Equipment

Adequate Tentage
Stoves
Fuel in container
Cooking pots (To suit menu)
Food - Sat' lunch / eve
Food – Sun' breakfast
2 Waterproof map cases
2 Silva type compasses
(Maximum 2 degree interval)
Washing up kit
Toilet paper
Water carriers
Team first aid kit to include
plasters, conforming bandages,
2 triangular bandages, cotton
wool, none stick dressings and
roll of plaster tape.

Short of any equipment?

Why not try our own Scout Shop at the county HQ, Blaby.



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Guidance notes

- Boots :** Good tread essential. Leather with “Vibram” or similar sole suitable for winter conditions, not lightweight summer canvas/suede type.
Gore-Tex boots are acceptable only if in good condition.
- Gaiters :** A plastic or Gore-Tex waterproof seal between boot and leg.
- Socks :** At least 2 pairs of woollen or specialist socks, enough to make the boots comfortable.
- Trousers :** Denim jeans are banned, Army style cotton trousers only allowed with long johns under.
- Shirt :** Thin, that will not collect sweat and become soaking wet and cold, but will transfer moisture away from the skin.
- Anorak :** A warm jacket that insulates well and is lightweight. Not Waxed cotton jackets as they are too heavy and not suitable.
- Cagoule :** Medium or heavy weight waterproof jacket of a good quality. Sports shell clothing is too thin and not suitable.
- Over Trousers :** As cagoule.
- Hat :** Woollen or fleece hat or balaclava (warmer for ears)
- Gloves :** Woollen or fleece, mittens are warmer in winter.
- Watch :** Not too expensive as could get damaged / wet.
- Rucksack :** Large enough and in good condition. Comfortable to wear.
- Liner :** Proper liner, dustbin liners not accepted.
- Poly Bags :** Useful in identifying equipment, leaving kit outside tent or keeping wet clothes separate. Several heavy-duty bags are best.
- Torch :** A medium size lightweight torch with long battery life. A head torch is good as it leave your hands free.
- Spares :** To suit the torch.
- Whistle :** Plastic is best if cold weather. Do you know the distress signal?
- Survival bag :** A proper medium/heavy guage polythene survival bag. Aluminium space blankets are not good enough.
- First aid kit :** As listed, to deal with scratches and blisters of a personal nature.
- Emergency food :** High energy nuts, chocolate, mars bars. Not to be eaten unless in an emergency.
- Water bottle :** A high liquid intake is required throughout the activity to ensure no dehydration so an adequate size is necessary.
- Vacuum flask :** A non-breakable one that can provide a hot drink if necessary and be used in emergency if required.
- Spare clothing :** As list, all wrapped up well to keep dry.
- Day food :** High energy, lightweight food to provide the carbohydrates, glucose and other nutrients needed during the event.
- Pencil / paper :** Pens will not write on wet paper. Water-proof paper is recommended.
- Emergency Card :** Correctly completed on one side for the event.
- Sleeping bag :** A good 3 or 4 season bag or a 2 season with thermal liner, well compacted and wrapped within the rucksack.
- Karrimat :** An insulating mat from the cold ground below when sleeping, well wrapped up and kept dry if on outside of rucksack.
- Night wear :** Warm track suit or thermal underwear kept dry.
- Mug/plate/bowl :** Plastic is good as light weight, as required by menu.
- Cutlery :** Plastic is good as light weight, as required by menu.
- Wash Kit :** Keep to a minimum, e.g., ½ towel, small bar of soap, sawn off tooth brush.
- Matches :** Keep dry, even if claimed as waterproof. Enough boxes so not all will get wet.



Team Equipment

- Tents :** Good condition tents that are able to stand up to high winds and exposed conditions. Make sure you know how to put them up before the event and you bring all of the parts with you.
- Stoves :** Light weight back packing stoves with adequate provision for the group.
- Fuel :** Adequate to cook two meals, make sure containers are leak proof and designed for type of fuel used.
- Cooking pots :** Can be included in the stoves but must be adequate to cook menu.
- Water proof map cases :** 2 No required to ensure paper maps are not destroyed if they get wet.
- Silva type compasses :** 2 No required marked in at least 2 degree intervals. Military compasses are marked in mills and some cheap compasses are marked in 5 degree intervals, these are not acceptable.
- Washing up :** Detergent and tea towel as required by menu.
- Food :** Hot, substantial meals for Saturday evening and Sunday breakfast.
- Water carrier :** Personal water bottles can be used, but old wine bags are collapsible and lightweight.
- Toilet Paper :** Keep it dry! Ensure enough.