

FALKLANDS COMPETITION April 23/24 2010

Minimum Equipment Requirement

<p><u>PERSONAL</u> <u>TO BE WORN</u> Trousers Shirt (long sleeved) Sweater or Fibre Pile (Carried if warm) Socks Boots (rubber soles with defined heel) Beret Jacket (Carried if warm) HiViz Vest (Min 2 per team) (NB Norwegian's are classified as shirts, not jumpers or fleeces).</p>	<p><u>TEAM</u> <u>TO BE CARRIED</u> 1 Sleeping bag to be carried on the navex Group First Aid kit 3 Silva Compass (Minimum) Map Cases (2 per team) Map (will be supplied) Bivie Bag (2 per team) ½ Litre of water for first aid purposes</p>
<p><u>TO BE CARRIED</u> Spare Trousers Spare Shirt (long sleeved) or Tracksuit Top Spare Sweater or Fibre Pile Socks Underclothes Waterproof top and trousers (any colour) Warm Hat / Balaclava Gloves/Mitts (no holes) Rucksack Rucksack Liner (purpose made or Heavy gauge bin liner) Sleeping mat Torch (+ Spare Batteries + Bulb not if LED) Individual First Aid Personal Toiletry Items Towel Water bottle (full 1/2 litre min) Matches Toilet paper Notebook/Pencil Spare Footwear Mug/Knife/Fork/Spoon Whistle Sealed Emergency rations of 1,000 cals per person</p>	<p><u>TEAM NOT CARRIED</u> Tents - Any combination of 6 'man'</p> <p><u>TEAM NOT CARRIED BUT TAKEN TO KIT CHECK</u> <i>*Trangia Stoves (3 x 1 Litre or 2 x 1.5 litre) + Trangia Fuel x 1.0 litres per stove</i> or <i>*Hexi - 6 stoves & 6 fuel packs + 6 billie sets</i> or <i>*Gaz - 3 stoves + 6 Billie sets</i></p> <p>Scourer & washing up liquid Tea towel Tin opener</p>
<p><u>PERSONAL (NOT CARRIED)</u> Sleeping Bag (suitable for expected climate)</p>	<p><u>OPTIONAL</u> Flask</p>