



Three Towers Hike Kit List

Team Name: _____

Team Number (If Known): _____

Hiker	Name	Mobile #
A		
B		
C		
D		
E		

Team Kit:

Item	Tick
Two sets of the relevant Ordnance Survey maps [refer to note 1].	
Compass	
Adequate waterproof covering for map(s) if not laminated.	
At least one mobile phone with the number provided at check-in (stored securely in a bag for emergencies).	
Survival Bag.	

Individual Kit:

Item	Tick
Appropriate Walking Boots or Trail Shoes with substantial tread, along with hiking socks [refer to note 2].	
Long trousers [refer to note 3].	
Jumper [refer to note 4].	
Spare Jumper or alternative.	
Waterproof over-garment with hood.	
Waterproof over trousers.	
Warm hat.	
Gloves.	
Reflectors or safety tapes (visible from both front and rear).	
Torch (Fully Charged)	
Non-breakable travel mug.	
Water bottle/bladder (minimum 1 litre).	
Whistle.	
Personal first aid kit.	
Food and snacks appropriate to the hike (plus additional for emergencies).	
Pencil and notebook.	

All the above clothing must be; of the correct size, in good repair, of suitable material, and (in the view of the organisers) capable of providing adequate thermal insulation and protection from conditions to be expected on down land in winter.

[1] Either 1:50000 (Landranger sheets 174 & 175) or 1:25000 (Explorer sheets 158, 159 & 170) - Maps must not be more than 20 years old. ONE set must be proper O/S maps, the other set may be laminated colour copies or extracts of the appropriate maps (provided that all of the footpaths and checkpoints on the route are shown. Additionally, the map symbols must be in same colour as the original map and it must always be possible to work out the National Grid Reference of any point on the map)

[2] Substantial footwear/boots (not trainers) suitable for walking or scrambling that support the ankle; Experienced hill-walkers may wear fell-running footwear.

[3] Long trousers (not jeans). Lighter type trousers (with additional thermal wear) or shorts can be worn if the weather conditions permit.

[4] Jumper with long sleeves or other warm body garment with high thermal properties.