



Friday 6th & Saturday 7th June 2008
The Scottish Borders

Walkers:

- Ordnance Survey map Landranger 73 - with route pre marked.
- Waterproof map case. (It might rain and it's difficult to read a soggy map!)
- Compass (At least 2 per team).
- Route instructions – these will be sent to your team captain pre event, copies will also be available at the start.
- Waterproof jacket.
- Waterproof overtrousers.
- Full leg cover in addition to overtrousers. (It could be cold overnight; Jeans or cotton pants are not permitted).
- Shorts (It could be warm during the day!)
- Shirt, sweater or equivalent specialist clothing (Cotton not permitted).
- Hat & Gloves.
- Spare clothing, Inc extra fleece.
- Comfortable walking boots with good ankle support.
- Walking socks (To your personal preference).
- Gaiters (If you have them).
- Rucksack.
- Space blanket or large heavy gauge plastic bag.
- Walking poles (if you use them).
- Head torch or hand torch (remember spare batteries).
- Basic first aid kit, inc pain killers, blister pads, zinc oxide tape or similar.
- Toilet roll in a waterproof bag. (Soggy toilet roll doesn't work too well!)
- Vaseline to deal with any uncomfortable chaffing!
- Water bottle.
- Flask for hot drinks.
- Personal food supplies.
- Energy sweets and snacks.
- Mobile telephone (At least 2 per team).
- Luminous bands/snap lights – useful during the darkness hours.
- Sunscreen & sunglasses.
- Digital camera.
- Pen/pencil and note book.

Support Driver

- Ordnance Survey map Landranger 73.
- Driver route instructions.
- Contact numbers for your team members & Event HQ.
- Strong torch and spare batteries.
- Mobile telephone.
- Spare car keys – you would not want to let your team down.
- Waterproof jacket.
- Waterproof overtrousers.
- Spare clothing, Inc extra fleece.
- Food supplies. Discuss and agree your team needs beforehand. Give them what they need, but do include plenty of high carbohydrate food and items that they can take away and carry easily.
- Water – plenty of it, to keep your team topped up.
- Camping stove and spare gas – hot drinks will be in demand!
- Spare basic first aid kit.
- Black bin bags for your rubbish – leave none behind.
- Blankets.
- A big enough vehicle! – As long as it's not a Smart Car or a Mini you will be fine. Your food supplies, teams' spare clothing etc will take up a good deal of space, and if any of you walkers drop out you may need to transport them!

Each team member should be responsible for their own spare clothing. Please be aware that cotton clothing when wet will not keep the wearer warm, in fact it will draw heat away from the body and is a potential cause of hypothermia.