

## Minimum Equipment Required

1. Ordnance survey map (one/two per team)
2. Powerful torch
3. Spare batteries for torch
4. Whistle
5. Map reading orienteer's compass/protractor
6. First aid kit required for team of 4. Extra first aid kit required for teams of 5/6
7. Warm waterproof clothing and walking boots
8. Reflective jacket or tabard
9. Hypothermia blanket (at least two per team)
10. Extra pair of socks (recommendation)