

## COMPULSORY KIT LIST

There are a number of things you'll need to safely take on Trailwalker. The South Downs Way is incredibly exposed and the UK is known for rapidly changing unpredictable weather. This list ensures you have the right kit to keep you hydrated, protected from the weather, prepared for night-time walking, and safe in case anything happens (minor injury, get lost etc).

### COMPULSORY ITEMS (ONE PER PERSON)

- 1 x sturdy water bottle or bladder (full)
- 1 x head torch, spare batteries and bulb
- 2 x participant numbers (you'll receive these at registration if not before)
- 1 x sun hat
- 1 x whistle

### COMPULSORY PER TEAM

- 1 x Trailwalker Map and Event Guide  
(These will be posted to your Team Leader nearer the event)
- 1 x Ordnance Survey map (recommended Landranger OS 197 and 198)
- 1 x compass
- 1 x notebook and pen for recording details in an emergency
- 2 x mobile phones (for different networks)
- 1 x first aid kit
- 1 x survival bag
- 2 x high-visibility vests
- 1 x rucksack
- 1 x suncream

### WEATHER DEPENDENT ITEMS (INDIVIDUAL – TO BE AVAILABLE IN SUPPORT VEHICLE)

- 1 x warm hat and pair of gloves
- 1 x warm fleece
- 2 x sets of spare clothing  
(carry one, keep one in the Support Crew vehicle)
- Spare socks (We recommend at least four pairs.  
Carry one spare, others can be in the support vehicle.)
- 1 x waterproof jacket and trousers