

DRAGON QUEST

Kit List 2023 Revision

Personal Kit

Every member of the team should have the following equipment:

- Ankle-supporting Walking Boots
- Waterproof Jacket
- Waterproof Overtrosuers
- Thick Socks
- Rucksack
- At least 1 Warm Layer
- Trousers (or shorts if it's warm). Quick drying material is best. **NO JEANS!**
- Hat
- Gloves
- Neckerchief (shirt is optional)
- Torch
- Emergency Whistle
- Food (1 meal plus snacks)
- Water (at least a litre, ideally more)
- Emergency Rations, sealed in a clear plastic bag (Mars Bars are good for this)
- Completed Parental Consent Form

Team Kit

Every team should carry the following equipment between them:

- First Aid Kit
- Map Case (optional)
- At least 2 Compasses
- Survival Bag or Blanket
- Powered Off Mobile Phone
- £10 Cash Entry Fee