

Item	Person/team	Must be carried	GT bonus points	Deviations permitted	Not permitted
Walking boots	All	All categories		Approach shoes	Trainers, flip flops
Spare socks	All	All categories			
Waterproof coat	All	All categories			
Waterproof trousers	All	Weather dependent			
Fleece top or similar	All	All categories			Heavy cotton
T-shirts	All	All categories			
Walking trousers	All	All categories		Shorts	Denim, heavy cotton
Underwear	All	All categories			
Spare layers	All	All categories			
Clothing for rest of weekend	All	GT+/GTx	Yes		
Nightwear	All				
Warm hat or sunhat	All	All categories			
Gloves	All	Weather dependent			
Gaiters	All				
Rucksack	All	All categories			Bags carried in hands, drawstring bags
Rucksack liner	All				
Sleeping bag (in waterproof bag)	All	GT+/GTx	Yes		
Sleeping mat	All	GT+/GTx	Yes		
Sleeping bag liner	All				
Whistle	All	All categories			
Torch	All	All categories			
Spare batteries	All	If appropriate			
Personal first aid kit	All	All categories			
Group first aid kit	1 per team	All categories			
Emergency rations	All	All categories			
Expedition food	Team	GT+/GTx	Yes		

Item	Person/team	Must be carried	GT bonus points	Deviations permitted	Not permitted
Water bottle min 1L (full)	All	All categories			
Cutlery	All	GT+/GTx	Yes		
Plate/bowl	All	GT+/GTx	Yes		
Mug	All	GT+/GTx	Yes		
Matches/lighter	2 per team	GT+/GTx	Yes		
Wash kit/personal hygiene items	All	GT+/GTx	Yes		
Sunblock	All	Weather dependent			
Towel	All				
Notebook and pen/pencil	All	All categories			
Watch	2 per team				
Tent	As required for size of team	GT+/GTx	If used to sleep in	Or appropriate equivalent type (must be pitched on return to score)	
Camping stove	2 per team	GT+/GTx	Yes		
Fuel in appropriate safe container	2 per team	GT+/GTx	Yes		
Cooking pans	As required	GT+/GTx	Yes		
Scourers	As required				
Tin opener	As required				
Rubbish bags	As required	All categories			
Toilet paper/trowel	As required				
Map	2 per team	All categories			Electronic navigation devices
Map case	2 per team	All categories		Laminated maps	
Route cards	2 per team	All categories			
Compass	2 per team	All categories			
Survival bag	All	All categories		Foil blanket	
Neckerchief	All	All categories			

Item	Person/team	Must be carried	GT bonus points	Deviations permitted	Not permitted
Storm shelter	1 per team				
Sunglasses	All				
Insect repellent	All				
String/para cord/gaffer tape	2 per team				
Spare boot laces	2 per team				
Emergency phone	2 per team	All categories		For GT teams this can be leaders phones	Phones set to silent or turned off

Notes

Where "Must be carried" lists the category of team, the listed item must be carried or worn. If items are not present at the kit check points will be deducted, but the item must then be obtained from tents, leaders, or other participants before the team may start the route.

Where indicated in "GT bonus points", GT teams may leave these items at the campsite but will score bonus points for carrying them on the route. GT+ and GTx teams must carry all items on both days and leave nothing at the campsite.

Where items are listed as weather dependent, the organisers' discretion will be used in determining whether these items must be carried, based on the forecast weather conditions. Please ensure you have packed everything.

Where the "Must be carried" column is blank the item is optional.

Participants will not be permitted to take part unless all mandatory equipment is carried. If deemed necessary by the organisers this may result in the whole team being withdrawn from the event.