

2017 EQUIPMENT AND KIT LIST

THE ITEMS ON THE FOLLOWING PAGES ARE MANDATORY EXCEPT WHERE INDICATED, FAILURE TO COMPLY WITH THIS LIST RISKS YOU OR YOUR TEAM NOT BEING ABLE TO COMPETE.

The weather conditions in October can be extremely demanding. It is essential that you are properly equipped for winter conditions of snow, ice and rain. You may be exposed to severe weather over a prolonged period and you will need clothing to keep you warm and dry.

When shopping for items on the kit list, be careful that you are not paying 'over the top' for high profile brands, when the same piece of equipment can be bought, without the name, for a fraction of the price. Ask what the piece of kit is designed to do, and what it is made of. Compare this with the kit list to ensure that you are buying the most cost effective piece of kit that will do the job that you require it to do.

If you need any advice on kit this can be obtained by emailing Richard Hayward at hpakit@hertfordshirescouts.org.uk

Any queries at all about any aspect of kit or equipment must be directed to: hpakit@hertfordshirescouts.org.uk

As a guide these are some of the outdoor equipment shops in Hertfordshire.

The Complete Outdoors	<i>Hemel Hempstead</i>	Countryside Camping	<i>Old Stevenage</i>
Cotswold Outdoor	<i>St Albans, Watford,</i>	PJ Camping	<i>St Albans</i>
	<i>Cambridge, London,</i>	Trespass	<i>Hemel Hempstead</i>
	<i>Milton Keynes</i>	Go Outdoors	<i>Harlow, Colindale,</i>
High Adventure	<i>St Albans</i>		<i>Milton Keynes, Bedford</i>

IMPORTANT NOTES/CHANGES

- ONLY RESEALABLE GAS CARTIRIDGE STOVES ARE TO BE USED ON PEAK ASSAULT**, no liquid fuel or hexamene stoves to be used. No briefcase "spring loaded" butane stoves. This has been previously communicated.
- SCOUT/EXPLORER COMPETITION ONLY** – an option for some equipment to be transported direct to overnight is now available, this is to reduce weight on individual participants – further info on page 7

WARNING

In the event of dispute over equipment fabric, the manufacturers label will be referred to. If illegible or missing the judges decision is final.

IT IS RECOMMENDED TO CARRY SPARE CLOTHING WHICH MUST BE OF PEAK ASSAULT SPECIFICATION. NO COTTON CLOTHING IS TO BE WORN OR CARRIED AS SPARE CLOTHING. NO UNIFORM SHIRTS TO BE CARRIED.

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PEAK ASSAULT 2017 - PERSONAL EQUIPMENT



ALL KIT MUST BE IN GOOD CONDITION

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	ITEM		SPECIFICATION NOTES	TICK
1.	RUCKSACK with WATERPROOF LINER	M	Rucksack must have adjustable back harness. Rucksack liner needs to be either purpose made, rubble bag, canoe bag etc. If polythene type, must be at least 300 gauge/75microns thick. Bin liners and carrier bags are not adequate and will not be allowed.	
2.	WALKING BOOTS	M	Must have rubber soles, ankle support and recognisable tread. Approach shoes with ankle support will be allowed.	
3.	LONG SLEEVE WICKING BASE LAYER	M	Must be made of either: Man-made fibres (e.g. 100% polyester, tactel, polypropylene, NOT VISCOSE) OR: Merino/Technical wool. These are worn next to the skin for moving sweat away from the body.	
4.	LONG SLEEVE JUMPER OR JACKET:	M	This should consist of Polyester Fleece/Soft Shell OR Pile OR Down	
5.	WATERPROOF/ WINDPROOF JACKET	M	No minimum spec, but for comfort recommendation follows: Must be made of a breathable fabric of at least 5000g/M ² /24hrs and have taped seams. The only exceptions are: Paramo/Furtech and Pile/Pertex tops. If wearing pile/pertex/Paramo/Furtech separate waterproofs are not necessary. No sports/training tops.	
6.	WALKING TROUSERS	M	Trousers must be full leg covering waist to ankle. Must be of primarily man made construction. Pure (100%) cotton is not allowed. Poly cotton (max 35% cotton), polyester, polyamide, nylon, tactel, shell suit bottom with lining (if polycotton lining, must be max 35% cotton content). If you feel the cold and are wearing poly cotton or polyester microfiber trousers, it will be necessary to wear a wicking base layer.	
7.	WALKING SOCKS	M	It is recommended to wear two pairs, ideally a liner and the main sock. Main sock should have heel and toe protection. No cotton or cotton mix socks. No ski tube socks. Minimal wool is recommended.	
8.	GLOVES or MITTS	M	Predominantly man made fabrics and full finger cover recommended. Ski gloves are cumbersome.	
9.	WARM HEADWEAR	M	Predominantly man made fabrics recommended. A buff will not suffice as warm headwear.	
10	WATERPROOF OVERTROUSERS	M	Breathable fabric recommended.	
11.	SLEEPING BAG	M	Must be mummy shaped New bags must have a comfort limit/lower limit/lower comfort limit of at least -5°C. Existing bags with a temp rating of between 0°C and -4°C can be used with a liner, BUT ONLY WITH PRIOR APPROVAL VIA THE HPAKIT EMAIL ADDRESS. Temperature ratings must be clear on the sleeping bag label, otherwise the kit check team can only make a decision based on what they can see.	

PEAK ASSAULT 2017 - personal equipment continued



12.	KARRIMAT or SELF – INFLATING MAT	M	Either closed cell foam eg. Karrimat or self inflating type eg. Thermarest	
13.	TORCH with SPARE BATTERIES & BULB	M	Torches must be a minimum of 3.0v rating. AAA cell torches must have either a minimum of 3 white LED's or a single min 1W super bright white LED. AA cell torches must have a gas bulb (e.g. Halogen, Krypton) or LED with a minimum of 3 white LED's or a single min 1W super bright white LED. Complete set of replacement batteries required. LED torches do not require spare diodes/bulbs. Petzl e-lite does not meet the above criteria and will not pass.	
14.	PLASTIC or ANODISED ALUMINIUM WHISTLE	M	If whistle contains a pea, then it must not be cork. Must not be uncoated steel.	
15.	SPARE BOOT LACES	M	Must be boot laces, to fit the boots worn. Minimum 150cm length.	
16.	WATER BOTTLE (min 2litres, filled)	M	Must be filled before kit check. Water bottles should be designed to be refillable and reusable (proprietary). Bladders are allowed. Re-used "single use" bottles such as Coke, Pepsi, Evian, Volvic etc will NOT be allowed.	
17.	EMERGENCY RATIONS	M	Must contain a minimum of 1220 kcals / 5146 kJ For example this can be achieved by carrying the following: 2 x Mars Bars (>= 58 g each) 1 x Jelly concentrate (>=135 g) 1x 50 g salted peanuts Note: these are only for use in an emergency and should NOT form part of your day's food.	
18.	PERSONAL FIRST AID KIT (if required)	O	Any personal medications, pain relief, antihistamine etc to be included in this.	
19.	PENCIL/PEN	M	Consider the conditions and items/materials you may need to write on	
20.	EMERGENCY CARD (given at start line)	M		
21.	FOOD FOR SATURDAY LUNCH	M	Must be substantial enough to provide energy for the activity.	
22.	HOT SATURDAY DINNER	M	Must be a substantial, eg. 1 pot noodle is not sufficient	
23.	HOT SUNDAY BREAKFAST	M	No minimum spec, porridge or similar recommended	
24.	EATING/DRINKING IMPLEMENTS	O		

M - Mandatory (Where a number per team is indicated, this means the minimum.

O - Optional

N/A Not Required

NO GPS, GPS WATCHES or SMARTPHONES

NO IPODS, MP3 PLAYERS OR RADIOS

GO PRO's / CAMERAS ARE ALLOWED AT OWNERS RISK

PEAK ASSAULT 2017 - TEAM EQUIPMENT



ALL KIT MUST BE IN GOOD CONDITION

	ITEM		SPECIFICATION NOTES	TICK
1	2 COMPLETE TENTS	M	Must be "A" frame, Dome, Geodesic Dome or Tunnel, and must have alloy poles NOT fibre glass	
2	TEAM SHELTER	N/A	N/A	
3	2 STOVES AND SUFFICIENT FUEL	M	Gas Stoves Only, no liquid fuel or hexamine stoves Must have, for safety, resealable cartridges. There must be sufficient fuel for 3 hot meals for the whole team. 2 x 220g/230g cylinder (or equivalent) per stove. Basic gas stoves with the lever locking butane cartridges (briefcase stoves) or pierceable cartridges are not allowed on Peak Assault.	
4	MATCHES OR LIGHTER	M	No minimum specification	
5	ADEQUATE COOKING POTS FOR THE TEAM	M	No minimum specification	
6	UNBREAKABLE VACUUM FLASKS FILLED WITH HOT BEVERAGE	Sun only	Minimum 1 litre pre-made in total per team, or the ability to make it, which includes fuel and water.	
7	2 WATERPROOF MAP CASES	M	Peak Assault Maps are supplied A3 in size.	
8	2 MAP READING COMPASSES	M	Must have romer built in to base plate, or separately attached.	
9	INDELIBLE OHP/PERMANENT PEN		with fine tip for marking checkpoints on map	
10	FIRST AID KIT:	M	MUST INCLUDE: ZINC OXIDE OR AIRSTRIP TAPE PLASTERS 2 X NON SURGICAL STERILE DRESSING CREPE BANDAGES 2 X TRIANGULAR BANDAGES (MUST BE CALICO)	
11	2 WATCHES	M	Must be in working condition, and have correct time	
12	2 x MAN SIZED SURVIVAL BAGS	M	Must be sealed on 3 sides	
13	NOTEBOOK	M		
14	2 x LARGE ZIPLOCK TYPE BAGS	M	These are to keep your team information in while on the hill. Ideally resealable and capable of taking at least 6x sheets of A4 paper each.	
15	4 x 50p PIECES OR MOBILE PHONE	M	Mobile phones are for emergency use only and must be fully charged, turned off and in a sealed plastic	
16	2 x 50ml ANTIBACTERIAL HAND GEL	M		

M - Mandatory (Where a number per team is indicated, this means the minimum.

O - Optional

N/A Not Required

GENERAL NOTES

It is advised that competitors should not carry more than 25 to 30% of their bodyweight. During Kit Check any teams that appear to have inappropriate distribution between members will be spoken to and kit redistributed.

For any equipment or gear to perform fully to its designed specification it must be properly maintained and looked after. If the kit checkers find any items that they feel have deteriorated to such a state as to be now unsuitable, they will not pass kit check.

The kit checkers will not be familiar with all the products the numerous equipment manufacturers have produced over the years, so please be tolerant if they ask for more details about, or query the suitability of any items of gear.

The Peak Assault environment is hilly and mountainous. Kit should be suitable for that environment. Items frequently seen that are not suitable and will fail include: Sports shell jackets / training tops - Trainers / Trainer Boots / CAT/Timberland Boots.

Any queries at all about any aspect of kit or equipment can be directed to:

hpakit@hertfordshirescouts.org.uk

REDUCED CARRYING OPTION FOR SCOUT AND EXPLORER TEAMS

It has been noted that the kit requirement for the Explorer and Scout categories can cause issues with the weight being carried by some participants.

Therefore, there is an option to offload some of your kit after kit check to be transported direct to overnight site.

The following kit items can be split for carrying as follows:

	MUST BE CARRIED PER TEAM "ON THE HILL"	CAN BE TRANSPORTED
TENTS	1 Complete Tent	All remaining tents
SLEEPING BAGS	2 Sleeping Bags	All remaining sleeping bags
STOVES & FUEL	1 Complete Stove & Fuel	All remaining stoves and fuel
KARRIMATS / SELF INFLATING MATS	2 Mats	All remaining mats
COOKING POTS	2 Cooking pots	All remaining cooking pots

Large Bags and Associated Tags will be provided for the transportation of kit.

No other equipment will be transported other than specified as above.

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hpakit@hertfordshirescouts.org.uk

The organising team reserve the right to amend the kit list at any time, the current version (found in the HPA 2017 Kit List v1 18072017

footer of the document) will always be detailed and available for download on the website.