

COUNTY MPC GEAR CHECKLIST

ESSENTIAL PERSONAL EQUIPMENT CHECKLIST:

Boots with good ankle support	<input type="checkbox"/>
Hike clothing and spares (<i>No Denim</i>)	<input type="checkbox"/>
Jacket/Fleece	<input type="checkbox"/>
Hat and gloves	<input type="checkbox"/>
Waterproof coat and over trousers	<input type="checkbox"/>
Foam mat and sleeping bag	<input type="checkbox"/>
Toilet Paper	<input type="checkbox"/>
Rucksack lined with large bin liner	<input type="checkbox"/>
Small day sack	<input type="checkbox"/>
Head torch and whistle	<input type="checkbox"/>
Food supplies and emergency rations	<input type="checkbox"/>
Survival Bag	<input type="checkbox"/>

ESSENTIAL TEAM EQUIPMENT CHECKLIST:

	Y/N
Tent and Pegs	<input type="checkbox"/> <input type="checkbox"/>
Trangia/MSR/Lightweight Cooking Stove	<input type="checkbox"/> <input type="checkbox"/>
Small First Aid Kit	<input type="checkbox"/> <input type="checkbox"/>
75 Map and Compass	<input type="checkbox"/> <input type="checkbox"/>
Team Food	<input type="checkbox"/> <input type="checkbox"/>

RECOMENDED PERSONAL EQUIPMENT CHECKLIST:

	Y/N
Suncream and shorts	<input type="checkbox"/> <input type="checkbox"/>
Insect Repellent	<input type="checkbox"/> <input type="checkbox"/>
Organic Soap	<input type="checkbox"/> <input type="checkbox"/>
Gaiters	<input type="checkbox"/> <input type="checkbox"/>
Camera	<input type="checkbox"/> <input type="checkbox"/>

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