

OPERATION MOONLIGHT KIT LIST

All leaders are asked to brief their competitors with the following list and preferably make parents aware.
Expect bad weather in January - prepare for the worst - accept good weather as a bonus.
Items HIGHLIGHTED are essential, the rest are additionally recommended.

<i>ITEM</i>	<i>Additional comments:-</i>
<i>PROTECTION ZONE</i>	
WATERPROOF JACKET Preferably with hood.	Team leaders should ensure that their team puts them on (and zipped up!) before the rest of their clothing gets wet.
WATERPROOF OVERTROUSERS	This completes the outer (shell) protection.
WALKING BOOTS	Must have ANKLE SUPPORT over rough country. Fabric boots should be spray proofed.
Gaiters	Useful for keeping water, mud and other rubbish from out of boots.
HAT (or other warm headgear) & GLOVES.	50% of core body heat is lost through the head.

<i>INSULATION ZONE</i>	
Insulated Jacket, Sometimes combined with a waterproof shell	But most ARE NOT waterproof and a separate waterproof jacket must be taken.
THICK WARM PULLOVER OR SIMILAR (e.g. fleece top)	Carry in rucksack if too hot!
Warm Shirt or Sweatshirt Preferably not cotton.	This provides a further layer of insulation.
Trousers NOT JEANS.	Trousers should preferably of a wool mixture or one of the modern hi-tec insulating fabrics (e.g. pile, fleece, etc).

<i>COMFORT ZONE</i>	
Walking Socks One or two pairs of thick comfortable socks.	Loop pile is recommended. (If they get wet, take them off, wring out all surplus moisture, put them back on again!)
Thermal Long Sleeve Polo Neck Shirt best to protect throat.	Polyester to wick away sweat, quick drying and breathable
Thermal Long Pants (Long Johns)	Polyester to wick away sweat, quick drying and breathable (Mums (or Dads!) tights or leggings are a good substitute - seriously!).

<i>ADDITIONAL</i>	
RUCSACK	No rucksack is waterproof - line it with a plastic bin liner.
FOOD (Teams MUST be self sufficient for the event)	warm drink if not carried as team gear
TORCH	

ESSENTIAL TEAM EQUIPMENT

Each Team MUST have the following:-

MAP	Map number will be released 8 days before the event. In map case.
COMPASS	Silva Type.
SLEEPING BAG	In waterproof polybag.
SURVIVAL BAG	1000 gauge orange polythene bivvy bag
FIRST AID KIT	Group size first aid kit suitable for multiple and/or serious injuries
PAPER, PENCIL, WHISTLE & MOBILE PHONE	Mobile Phone for emergency purposes only (Fully Charged)
MEANS OF MAKING A HOT DRINK	<u>At least 1 Litre per Team of hot water unless a stove is carried</u>

It is the team leader's responsibility to ensure that the weight of each team member's rucksack is not too much for them to carry.....remember, it is a long way!