

## EQUIPMENT SHEET

TO BE HANDED IN AT THE START

TEAM No. \_\_\_\_\_

<b>PER TEAM OF TWO</b>		
FINE POINT PERMANENT MARKER	50	
SUITABLE MAP CASE (MAP SUPPLIED BY CHESHIRE HIKE)	15	
COMPASS	15	
SUITABLE HIKE TENT	50	
6 SPARE TENT PEGS (PACKED SEPARATELY)	10	
SUITABLE HIKE COOKER INCLUDING FUEL	10	
SPARE FUEL (1 CYLINDER, <b>ONLY</b> IF GAS)	10	
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PLATE, CUP, BOWL, CUTLERY (AS REQUIRED)	10	
MATCHES OR LIGHTER (IF REQUIRED)	-	
FIRST AID KIT (INCLUDING HAND GEL & SUN CREAM)	15	
WATER CONTAINER (MIN 500ML)	10	
COLLAPSIBLE WASHING BOWL	10	
WATCH	10	
<b>SUB TOTAL</b>		
<b>PER PERSON</b>		
BOOTS OR STRONG SHOES (NOT TRAINERS ETC.)	10	
RUCKSACK (WITH TEAM NO. ON DISPLAY)	10	
TWO SAFETY PINS	10	
PUMPS OR CROCS (FOR USE AT BASE CAMP/FINISH)	10	
CHANGE OF SOCKS	10	
SWEATER AND TROUSERS (SPARE)	10	
UNIFORM TOP (KEPT CLEAN FOR FINISH)	10	
WASHING KIT	10	
TORCH	10	
WHISTLE	10	
WARM HAT	15	
SANDWICHES/WRAPPS FOR SATURDAY LUNCH	15	
SANDWICHES/WRAPPS FOR SUNDAY LUNCH (SEPARATE)	10	
EVENING AND BREAKFAST FOOD	10	
SLEEPING BAG	10	
BED ROLL (- I.E. KARRIMAT/THERMAREST)	15	
WATERPROOF OUTER GARMENTS	10	
<b>SUB TOTAL</b>		



**CHESHIRE HIKE**  
**2 – 3 April 2016**

Cheshire Hike is real challenge for all those who take part but with careful planning and good training you can succeed. There will be a real sense of achievement when you complete this special challenge.

This booklet contains useful information about the hike and the rules for the Hike which you need to read and make sure that you as the participant, your parents and your Scout Leader fully understand.

**GRAND TOTAL**

**ALL THE ABOVE MUST BE CARRIED BY THE TEAM**

These points will be deducted from your team score for any item(s) not produced.

**RULES OF THE HIKE**

THIS INFORMATION MUST BE PRODUCED AT THE START

<b>BOTH HIKERS, THEIR PARENTS AND LEADERS, MUST TICK EACH BOX, AND SIGN BELOW TO SAY THEY HAVE UNDERSTOOD AND ACCEPT THE RULES.</b>	HIKER	PARENT	HIKER	PARENT	LEADER
These rules are absolutely binding on all entrants to the Cheshire Hike. Participants <b>not complying with the requirements will be disqualified.</b>					
All participants must be a member of either Scouting or Girl Guiding in Cheshire, or the Wirral.					
The Cheshire Hike cannot accept responsibility for loss or damage to personal or Group equipment used by the participants in the Hike and therefore all Groups should ensure equipment is adequately insured and marked.					
Money cannot be refunded if the Hike has to be cancelled due to any conditions beyond the control of the Cheshire Hike. Nor can money be refunded should team(s) be unable to take part.					
<b>Mobile Phones Allowed in Sealed Envelope. PENALISED IF OPENED if NOT AN EMERGENCY</b>					
If parents and leaders receive telephone calls from teams they are requested to ring Hike Control without delay. Team members also have the phone number.					
Leaders and/or parents and friends must not visit or follow teams whilst they are taking part in the Hike.					
A team must keep together at all times. If one participant retires from the Hike, the team will be withdrawn.					
Teams must not deviate from the route as prescribed on the Team Route Sheet.					
Placed along the route will be "Observer Signs" with numbers of them, which must be recorded on the Team Route Sheet. Teams interfering with these signs will be disqualified. Along the route will be Check Points where water is available and a scored incident will take place. Teams who do not pass through the Observer and Check Points will be heavily penalised.					
Teams must keep to the Country Code at all times. All gates must be closed behind you unless it is signed "Leave Gate Open" Walk on field perimeters' not straight across unless stated					

**This booklet must be completed and handed in at the start.**

	HIKER	PARENT	HIKER	PARENT	LEADER
Participants must be entered in the correct section. <b>Check ages!</b> Any participants/teams entered in the wrong section will not be allowed to start. 3 Oct 03 – 2 Apr 05 Junior 3 Apr 02 – 2 Oct 03 Intermediate 3 Apr 00 – 2 Apr 02 Senior 3 Apr 98 – 2 Apr 00 Senior Plus One team member can go <b>up</b> one age group e.g. entrants in the Junior age group can enter the Intermediate section providing the other team member is in the correct age group for that section. No team member can go <b>down</b> .					
Participants will have their kit weighed at the Start and will not be allowed to set off if it weighs more than 11.4Kg (25lbs) Junior 12.5Kg (27.5lbs) Intermediate 13.6Kg (30lbs) Senior & Senior Plus You will also be penalised by 100 point deduction. This weight includes anoraks and contents. No additional items are to be given to the team after weigh-in. <b>The decision of the organisers is final in all matters.</b>					

**Cheshire Hike can only be won by teams who complete the full Routes on both Saturday & Sunday.**

**Please sign below that you understand and agree to the rules  
And consent for the team members participating.**

Team Member \_\_\_\_\_

Parent \_\_\_\_\_

Teams <b>must not accept lifts</b> from anyone except a Cheshire Hike Official carrying authorised identification.					
Failure to provide suitable meals will result in the team not being allowed to start. To be able to complete a strenuous 2-day hike, adequate high energy hot food is essential for both meals taken at base camp, snack foods (for example Pot Noodle) are not adequate.					

Leader \_\_\_\_\_

**Good luck!**  
Cheshire Hike Team

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