Cotswold Marathon

Scouts

INDIVIDUAL KIT LIST

The Cotswold Marathon is a winter night hike around Gloucester and over the Cotswold Hills. There are three routes:- Gold 30 miles , Silver 20 miles and Bronze 10 miles long. The Marathon is over varying terrain, making it necessary for walkers to have a good knowledge of mapping. There are checkpoints approximately 3 miles apart around the route where drinks will be provided. Due to the nature of the route, and conditions that could prevail, the following kit must be carried or worn by each walker during the Marathon.

Kit will be checked before the start of the Marathon and walkers will not be permitted to start without full kit.

Kit check will be open from 3pm. Please allow 30 minutes before the 5pm start to complete your kit check.

Random checks may be made along the route. Checks on reflective safety wear will be made at all checkpoints.

	SUITABLE FOOTWEAR	Due to the nature of the route stout walking boots/shoes are strongly recommended (smooth soles are not acceptable) - The organisers reserve the right to insist that walkers wear BOOTS if adverse conditions prevail on the day.
	TROUSERS	Activity trousers or similar must be worn (NOT jeans)
	WATERPROOF JACKET	Waterproof overgarment, light colours are preferable.
	OVERTROUSERS	Waterproof
	JUMPER,GLOVES,WARM HAT	Either to be worn or carried
	SPARE SOCKS	Woollen or walking socks
	EMERGENCY SUPPLY OF FOOD	in addition to food that is to be consumed during the walk e.g. nuts, chocolate, glucose tablets
	SURVIVAL BAG	Heavy duty plastic bag - NOT SPACE BLANKETS.
	INDIVIDUAL FIRST AID KIT	for minor injuries, blisters etc.
	TORCH	with spare batteries (If not LED)
	REFLECTIVE SAFETY WEAR	Reflective waistcoats which must be visible at all times. All rucksacks must have at least 150mm (6") of wide reflective tape or Reflector Discs (Not CDs) fixed securely on rear. Reflective ankle bands must be worn on both legs.
	WHISTLE	
	WATER BOTTLE	Can be refilled at most checkpoints

The following kit is the minimum to be carried between team members. Where 2 or more teams walk together in a group each team must have the kit below.

	O.S. MAP:	1/25000 Explorer No.179
	COMPASS	Silva type or similar
	SLEEPING BAG	

E/4-10/25