

Non-Competition Patrols

Personal equipment

Critical safety items (compulsory):

1. Strong backpack, suitably sized & adjusted
2. 2 litres water with at least 600 ml of this in a non-breakable non-bladder (softdrink, water or juice bottles, not weak milk bottles etc)
3. Jumper or warm long-sleeved shirt or thermals
4. Raincoat or anorak or strong poncho or small personal tarp or plastic sheet with suitable ties so can be secured poncho-style
5. Food & utensils for lunch, snacks
6. Small torch or Cap lamp
7. Spare batteries for torch or cap lamp
8. Suitable hiking shoes/boots (wear)
9. Suitable heavy socks (wear) or outer socks & inner polypro socks
10. Hat with full brim or Legionnaire's hat (wear)
11. Hiking shirt with collar & at least short-sleeves (wear), preferably long sleeves. Can be same shirt as in item 3. Sleeveless or collarless not acceptable for walking.
12. Strong hiking pants (wear)
13. Underwear (wear)

Required:

14. Waterproof internal pack liner or heavy duty plastic bag or waterproof pack cover
15. Toilet paper in plastic ziplock bag
16. Plastic bags - personal rubbish (2)

Optional:

17. Light garden gloves (for lantana/vines/scrub)
18. Handkerchief
19. Pocket knife
20. Sock covers or gaiters
21. Mobile phone
22. Sunglasses
23. Spare prescription glasses
24. Camera and/or binoculars

Personal first aid kit

Critical safety items (compulsory):

25. Personal medications (incl antihistamines, Ventolin, EpiPen etc if required)
26. Sticking plaster (roll) or strapping tape or duct tape (blisters, etc)
27. 50 mm conforming bandage (snakes etc)

Required:

28. Sunscreen (small container)
29. Insect screen (or combined with sunscreen)
30. First aid cream or Betadine
31. Band-aids (10)
32. Panadol or similar (6)
33. Sharp pointed tweezers (splinters, ticks, etc)
34. Scissors (or bring pocket knife)

Optional:

35. Lip balm
36. Stingose or similar
37. Chaffing cream or powder

Personal survival kit

Critical safety items (compulsory):

38. Whistle
 39. 2 pkt matches (in waterproof bag) or full gas lighter
 40. Space/emergency blanket
- #### Required:
41. Signalling mirror (old CD or equivalent)
 42. 3.6 m lanyard (6 mm poly or 8 mm sisal) with secured non-unravelling ends
 43. 3 m strong twine
 44. Needle and thread
 45. Spare shoe/bootlaces (if twine in item 43 not suitable)

Patrol equipment

Critical safety items (compulsory):

46. "Silva" or equivalent compass (2)
47. Route instructions in map case or ziplock bag with strap (2 sets)
48. Maps in clear, waterproof A4 size map case with neck strap
49. Biro (2)
50. Two working wrist or fob watches (mobile phones do not count)

Required:

51. Special task instructions (2 sets)
52. Highlighter (2)
53. 100 mm ruler (or longer) or compass edge if graduated in mm

Optional:

54. Trowel (for toilet)
55. One compass per patrol member

Patrol first aid kit

Critical safety items (compulsory):

56. 100 mm (4) & 25 mm (1) conforming bandages
57. Triangular bandage (4)
58. Antiseptic hand wipes (8) or solution/gel
59. 5 non-adhesive sterile gauze dressings (incl 1 large)

Required:

60. 25 ml saline solution bottles (4)
61. Disposable gloves (2 pr)
62. Safety pins (2 large, 2 medium, 2 small)
63. Elastoplast bandaid strip (300 mm in strips or single length)
64. Small notebook or 4 sheets of A4 paper
65. Biro (2)
66. Scissors

Optional:

67. Booklet/notes on first aid treatment

Patrol survival kit

Critical safety items (compulsory):

68. Copy of VenMX safety and lost procedures (Rev Apr 03)
69. Phone numbers of 5 key VenMX safety staff

Required:

70. Candle (150 mm or 2 x 75 mm)
71. 2 pkt matches (in waterproof bag) or full gas lighter

Optional:

72. Waterproof marker

73. EPIRB

NOTES:

- **Critical safety item.** You will not be allowed to hike without these.
- "or" means you have a choice. Don't bring all of them!
- **Required** means items you are required to have, but if you do not have them, you will still be allowed to walk, at the Hikemaster's discretion
- You do not need to bring additional or "optional" equipment. Optional gear is at your discretion only.
- Ensure you check the weather forecast and adjust your gear to suit

Weight limits:

- There is a **weight limit of 20 kg total equipment for any Venturer (including water) to be taken on VenMX.**
- **There is a weight limit of 16 kg for hiking, although comp teams will lose points when their average pack weight exceeds 14 kg**

Each team should also bring:

- STRONG WATERPROOF STORAGE BAG WITH NAME TAG per Venturer which will be returned Sunday night
- STRONG backpack per Venturer for equipment not taken in daypack. This will be transported to the next BIV site for you.
- Unit flag

Do NOT bring:

- Machetes, axes, etc
- GPS including any mobile phone or other device with GPS capability
- Boom boxes or similar (IPODs or MP3s are acceptable, providing only used during personal (non-activity) time and definitely not when walking

IMPORTANT:

Ensure you read the summary of NEW RULES applying for VenMX 2008.

Competition Patrols

Personal equipment

Critical safety items (compulsory):

1. Strong backpack, suitably sized & adjusted
2. 2 litres water with at least 600 ml of this in a non-breakable non-bladder (softdrink, water or juice bottles, not weak milk bottles etc)
3. Jumper or warm long-sleeved shirt or thermals
4. Raincoat or anorak or strong poncho or small personal tarp or plastic sheet with suitable ties so can be secured poncho-style
5. Food for entire VenMX (3 days)
6. Sleeping bag in waterproof bag
7. Small torch or Cap lamp
8. Spare batteries for torch or cap lamp
9. Suitable hiking shoes/boots (wear)
10. Suitable heavy socks (wear) or outer socks & inner polypro socks
11. Hat with full brim or Legionnaire's hat (wear)
12. Hiking shirt with collar & at least short-sleeves (wear), preferably long sleeves. Can be same shirt as in item 3. Sleeveless or collarless not acceptable for walking.
13. Strong hiking pants (wear)
14. Underwear (wear)

Points lost if not carrying:

15. Waterproof internal pack liner or heavy duty plastic bag or waterproof pack cover
16. Toilet paper in plastic ziplock bag
17. Plastic bags - personal rubbish (2)
18. Emergency rations (e.g. at least 2 extra muesli bars)
19. Knife (or pocket knife, see item 19)
20. Spoon
21. Plate and bowl or deep plate/bowl
22. Mug or cup
23. Spare shorts, shirt, underwear, socks
24. Toothbrush & toothpaste (small amount)
25. Soap (preferably biodegradable) (small amount)
26. Small (hand) towel or chamois

Optional:

27. Light garden gloves (for lantana/vines/scrub)
28. Handkerchief
29. Pocket knife
30. Sock covers or gaiters
31. Mobile phone
32. Sunglasses
33. Camp boots
34. Sleeping mat
35. Spare prescription glasses
36. Camera and/or binoculars

Personal first aid kit

Critical safety items (compulsory):

37. Personal medications (incl antihistamines, Ventolin, Epipen etc if required)
38. Sticking plaster (roll) or strapping tape or duct tape (blisters, etc)

39. 50 mm conforming bandage (snakes etc)

Points lost if not carrying:

40. Sunscreen (small container)
41. Insect screen (or combined with sunscreen)
42. First aid cream or Betadine
43. Band-aids (10)
44. Panadol or similar (6)
45. Sharp pointed tweezers (splinters, ticks, etc)
46. Scissors (or bring pocket knife)

Optional:

47. Lip balm
48. Stingose or similar
49. Chaffing cream or powder

Personal survival kit

Critical safety items (compulsory):

50. Whistle
 51. 2 pkt matches (in waterproof bag) or full gas lighter
 52. Space/emergency blanket
- ### Points lost if not carrying:
53. Signalling mirror (old CD or equivalent)
 54. 3.6 m lanyard (6 mm poly or 8 mm sisal) with secured non-unravelling ends
 55. 3 m strong twine
 56. Needle and thread
 57. Spare shoe/bootlaces (if twine in item 43 not suitable)

Patrol equipment

Critical safety items (compulsory):

58. Tentage/tarps for entire patrol
59. "Silva" or equivalent compass (2)
60. Route instructions in map case or ziplock bag with strap (2 sets)
61. Maps in clear, waterproof A4 size map case with neck strap
62. Biro (2)
63. Two working wrist or fob watches (mobile phones do not count)

Points lost if not carrying:

64. Special task instructions (2 sets)
65. Highlighter (2)
66. 100 mm ruler (or longer) or compass edge if graduated in mm
67. Field log book (approximately 200 x 125 mm, bound at top)
68. Ziplock bags for field specimens
69. Cooking equipment (to suit meals)
70. Cooking stove and fuel
71. Scourer & detergent or safe effective alternative
72. Tea towel or paper towel or plate bag or "chux" type rag
73. Tin/can/bottle opener (if required for menu)

Optional:

74. Trowel (for toilet)
75. One compass per patrol member

Patrol first aid kit

Critical safety items (compulsory):

74. 100 mm (4) & 25 mm (1) conforming bandages
75. Triangular bandage (4)
76. Antiseptic hand wipes (8) or solution/gel

77. 5 non-adhesive sterile gauze dressings (incl 1 large)

Points lost if not carrying:

78. 25 ml saline solution bottles (4)
79. Disposable gloves (2 pr)
80. Safety pins (2 large, 2 medium, 2 small)
81. Elastoplast bandaid strip (300 mm in strips or single length)
82. Small notebook or 4 sheets of A4 paper
83. Biro (2)
84. Scissors

Optional:

85. Booklet/notes on first aid treatment

Patrol survival kit

Critical safety items (compulsory):

86. Copy of VenMX safety and lost procedures (Rev Apr 03)
87. Phone numbers of 5 key VenMX safety staff

Points lost if not carrying:

88. Candle (150 mm or 2 x 75 mm)
89. 2 pkt matches (in waterproof bag) or full gas lighter

Optional:

90. Water purification tablets or system (optional for VenMX)
91. Playing cards
92. Max/min thermometer
93. Waterproof marker
94. EPIRB

NOTES:

- **Critical safety item.** You will not be allowed to hike without these.
- "or" means you have a choice. Don't bring all of them!
- **Points lost if not carrying** means items you are required to have, but if you do not have them, you will still be allowed to walk, at the Hikemaster's discretion
- You **do not need to bring additional or "optional" equipment.** Optional gear is at your discretion only.
- **Ensure you check the weather forecast and adjust your gear to suit**

Weight limits:

- There is a **weight limit of 20 kg total equipment for any Venturer (including water) to be taken on VenMX.**
- **There is a weight limit of 16 kg for hiking, although comp teams will lose points when their average pack weight exceeds 16 kg (incl 2 litres water)**

Each team should also bring:

- STRONG WATERPROOF STORAGE BAG WITH NAME TAG per Venturer which will be returned Sunday night after all paperwork is handed in.
- Unit or patrol flag (optional)

Do NOT bring:

- Machetes, axes, etc
- GPS including any mobile phone or other device with GPS capability
- Boom boxes or similar (IPODs or MP3s are acceptable, providing only used during personal (non-activity) time and definitely not when walking)

IMPORTANT:

Ensure you read the summary of NEW RULES applying for VenMX.