

## VenMX Gear List

| Personal gear   | #1 | #2 | #3 | #4 | #5 | #6 | #7 | #8 |
|---|----|----|----|----|----|----|----|----|
| Strong backpack, suitably sized & adjusted  |    |    |    |    |    |    |    |    |
| 2 litres water with at least 600 ml of this in a non-breakable non-bladder (softdrink, water <u>or</u> juice bottles, not weak milk bottles etc)          |    |    |    |    |    |    |    |    |
| Jumper <u>or</u> warm long-sleeved shirt <u>or</u> thermals   |    |    |    |    |    |    |    |    |
| Raincoat <u>or</u> anorak <u>or</u> strong poncho <u>or</u> small personal tarp <u>or</u> plastic sheet with suitable ties so can be secured poncho-style |    |    |    |    |    |    |    |    |
| Food & utensils for lunch, snacks (non-comp)<br>Food for entire VenMX (3 days) (comp)   |    |    |    |    |    |    |    |    |
| Sleeping bag in waterproof bag (comp)   |    |    |    |    |    |    |    |    |
| Small torch <u>or</u> Cap lamp  |    |    |    |    |    |    |    |    |
| Spare batteries for torch <u>or</u> cap lamp  |    |    |    |    |    |    |    |    |
| Suitable hiking shoes/boots (wear)  |    |    |    |    |    |    |    |    |
| Suitable heavy socks (wear) <u>or</u> outer socks & inner polypro socks   |    |    |    |    |    |    |    |    |
| Hat with full brim <u>or</u> Legionnaire's hat (wear)   |    |    |    |    |    |    |    |    |
| Hiking shirt with collar & at least short-sleeves (wear), preferably long sleeves. Sleeveless <u>or</u> collarless not acceptable for walking.            |    |    |    |    |    |    |    |    |
| Strong hiking pants (wear)  |    |    |    |    |    |    |    |    |
| Underwear (wear)  |    |    |    |    |    |    |    |    |
| Personal medications (incl antihistamines, Ventolin, Epipen etc if required)  |    |    |    |    |    |    |    |    |
| Sticking plaster (roll) <u>or</u> strapping tape <u>or</u> duct tape (blisters, etc)  |    |    |    |    |    |    |    |    |
| 50 mm conforming bandage (snakes etc)   |    |    |    |    |    |    |    |    |
| Whistle   |    |    |    |    |    |    |    |    |
| 2 pkt matches (in waterproof bag) or full gas lighter   |    |    |    |    |    |    |    |    |
| Space/emergency blanket   |    |    |    |    |    |    |    |    |
| Patrol gear   | #1 | #2 | #3 | #4 | #5 | #6 | #7 | #8 |
| "Silva" <u>or</u> equivalent compass (2)  |    |    |    |    |    |    |    |    |
| Route instructions in map case <u>or</u> ziplock bag with strap (2 sets)  |    |    |    |    |    |    |    |    |
| Maps in clear, waterproof A4 size map case with neck strap  |    |    |    |    |    |    |    |    |
| Biro (2)  |    |    |    |    |    |    |    |    |
| Two working wrist <u>or</u> fob watches (mobile phones do not count)  |    |    |    |    |    |    |    |    |
| 100 mm (4) & 25 mm (1) conforming bandages  |    |    |    |    |    |    |    |    |
| Triangular bandage (4)  |    |    |    |    |    |    |    |    |
| Antiseptic hand wipes (8) <u>or</u> solution/gel  |    |    |    |    |    |    |    |    |
| 5 non-adhesive sterile gauze dressings (incl 1 large)   |    |    |    |    |    |    |    |    |
| VenMX safety and lost procedures (2009 edition)   |    |    |    |    |    |    |    |    |
| Phone numbers of 5 key VenMX safety staff   |    |    |    |    |    |    |    |    |

Note: Only need one set of Patrol Gear – Please indicate which team members is carrying it.