

## **EQUIPMENT LIST 2018 and SAFETY INSTRUCTIONS:**

### **Each Team MUST have:**

1. OS maps – OS128 Taunton & Blackdown Hills
2. Compass – several directions are dependent on compass bearings
3. Mobile phone – for emergency use only
4. Whistle – for emergency use only
5. First aid kit – for minor emergencies – Ambulance on stand by at Central Control.

### **Each Team Member MUST have:**

1. Reflective clothing or arm-band (for road crossings).
2. Appropriate warm and waterproof clothing, with suitable boots or shoes (trainers and denim jeans are not advisable).
3. Torch plus spare battery.

## **TAKE CARE OF THE COUNTRYSIDE, AND OF YOURSELVES.**

Remember, this is an initiative and endurance test which you tackle at your own risk. Parts of the course will, in the dark, require care and common sense. When you walk on roads, use a torch front and rear, and ensure your reflective clothing can be seen.

Entrants are warned not to make excessive noise anywhere on the course, but particularly where the route passes near a few houses. Unnecessary noise or use of the whistle will incur penalties, only one warning will be given, after which the team will be withdrawn. **Please observe any requests on your clue sheets to be quiet.**

**NO** clues or questions are situated on private houses, and care should be taken not to shine torches into windows or onto the front of houses.

Avoid disturbing wild life and deer in particular. Some sections of the course are on private land and **No dogs will be allowed.**

Please take all your litter home with you or put it in bags provided at check points.

SMOKING is not permitted on land owned by the FORESTRY COMMISSION

## **IN THE EVENT OF AN ACCIDENT.**

One team member **must** stay with the injured party. The two remaining team members should go to the nearest Check Point to fetch help. Ambulance cover is on site and can be summoned by any Check Point, Search & Rescue Team or by a mobile phone call to Central Control.

If you need help to come to you, sound three long blasts on your whistle every two minutes. Any team proceeding to help should answer with one long blast. Alternatively use your mobile phone to contact the Control Centre – the number will be displayed on every direction sheet

A search party is available to find lost teams, ie. teams who are very late arriving at a Check Point. If you are lost or very late and you hear a single long blast, you should answer the search party by giving three long blasts.

The Search & Rescue Teams will not leave the course until ALL walkers are accounted for and have left the course. Please ensure that Central Control is advised if any of your team leaves before reaching the final control Check Point.