

Mourne Mountain Adventure 2012

Kit List

Team Day Equipment

- First aid kit
- OS Map of Mournes (1:25,000 scale ISBN 1-873819-91-9)
- Event Map (issued at the start)
- Map case
- Compass
- Survival bag
- Sleeping bag
- Torch
- Pens / Pencils / Notebook
- Spare boot laces

Day Sack / Day Clothing

- Rucksack liner
- Whistle
- Mobile phone
- Water bottle – Camelbak or other suitable (2 ltrs min)
- Food – lunch
- Waterproof trousers and jacket (with hood)
- Walking boots (ankle support a must)
- Walking socks (and spare pair)
- Jumper or fleece
- Base layer – t-shirt or wicking top
- Walking trousers
- Woolly hat (beanie)
- Gloves
- Sun hat / Sunglasses – weather dependent
- Gaiters – not essential
- Watch

Team Overnight

- Tent
- Cooker
- Fuel
- Food – Dinner x 1 Breakfast x 2 if staying Saturday night.
- Matches
- Rubbish bag

Individual Overnight Bag

- Sleeping bag
- Roll mat
- Wash kit and towel
- KFS, bowl / plate and mug
- Trainers
- Socks x 2
- Underwear x 2
- T- Shirt x 2
- Trousers / Jeans
- Toilet paper
- Change of clothing for Ballykinler