

Exe Valley Challenge – Suggested Kit List

The list below is a guide to the items that Isca Academy recommend when taking part in the Exe Valley Challenge. Your school staff may ask that you deviate from this list, and as they are ultimately responsible for their young people during the event they have the final say on the suitability of the kit they expect participants to carry.

Participants in the Mini Route may have adults accompanying them and it might be suitable for those adults to carry some or all of this kit.

Item of Kit	Detail
Rucksack	Needs to be big enough to store the following items and any clothes you remove if you get hot. Please include a plastic bag to use as a liner to keep things dry if it rains.
Waterproof coat	With a hood. Regardless of weather forecast.
Waterproof over trousers	<u>Weather dependent</u>
Suitable footwear	Trainers, approach shoes or walking boots would be fine (not converses, crocs, sliders, sandals or wellies)
Socks	Not invisible low-cut socks
Sensible clothes	<u>Weather dependent</u> e.g. tracksuit bottoms, leggings, walking trousers, shorts, t- shirt, long sleeved top, hoodie or fleece (avoid jeans)
Hat and gloves	<u>Weather dependent</u> Hot weather – a sunhat or cap, no gloves needed Cold weather – a warm hat and warm gloves
Water bottle	Hard plastic, ideally at least 1 litre Avoid fizzy drinks
Small First Aid Kit	Plasters, blister plasters, sun cream, antiseptic wipes
Medication	Children with known medical conditions e.g. asthma, hay fever, migraines etc. – must bring appropriate medication with them which is labelled. Their Team Manager should be aware of this.
Food	Packed lunch & snacks (food that is easy to eat on the go) No nuts please.
Way of keeping the time	Watch / Clock / Mobile phone with suitable battery life