



Exe Valley Challenge Kit List

The following list is by no means exhaustive but is regarded as essential:

- 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 (not “showerproof or water resistant”)
 - Waterproof over trousers
 - Suitable trainers or approach shoes (not crocs, sliders, sandals or wellies)
 - Socks (not invisible low cut socks)
 - Sensible clothes (weather dependent) e.g. tracksuit bottoms, leggings, walking trousers, shorts, t- shirt, long sleeved top, hoodie or fleece (avoid jeans)
 - Gloves, hat or cap (weather dependant)
 - Hi - visibility bands or vest
 - Water bottle (avoid fizzy pop or energy drinks)
 - Packed lunch & snacks (food that is easy to eat on the go)
 - Small first aid kit e.g. plasters, blister plasters, sun block, antiseptic wipes
 - Watch or clock (mobile phone with battery life)
 - Children with known medical conditions e.g. asthma, hay fever, migraines etc. – must bring appropriate medication with them which is labelled
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Exe Valley Challenge Training

The main aim of preparing for this event is to develop simple map reading skills, working together as a team, problem solving and improving fitness and stamina.

Training walks: dependant on the age group, it is suggested that participants train by completing a minimum of 2 practice walks to help develop a knowledge of the route, learn to work together as a team and ensure that their personnel kit e.g. footwear is adequate for the event. Participants could conduct independent training with parents / carers at weekends or during May half term.

We fully appreciate the additional time and commitment required to fulfil the suggested training requirements. Isca Academy offers 2 dates which schools can join them for training walks: Fri 24th May and Fri 14th June. **It is the Team Managers responsibility to take reasonable steps to ensure that participants are considered fit enough to participate in this event.**

If you have any questions, please don't hesitate to contact:

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