

THE RULES

The rules stated in the Walk Booklet should be identical to those listed below however the Walk Booklet takes precedence if there are any differences.

Each team must comprise FOUR persons, all of whom must be members of The Scout Association or GirlGuiding UK. Each competitor must be at least 14 years old on the day of the event. Teams cannot change three or more of its members prior to the event unless 3 weeks written notice is given to the Walk Secretary.

Each person must wear or carry at all times on the walk:

- Long trousers or similar to cover the lower body (no denims)
- Boots or walking shoes to give protection from the elements (suitability of footwear will be entirely at the discretion of the Inspection teams)
- 3 layers of clothing for the upper body
- Waterproof garments to cover the whole body - including the head
- Hat to cover the ears
- Gloves or mittens
- Whistle
- Torch with spare batteries
- Emergency rations (glucose, sweets, chocolate, nuts, raisins etc.)
- Survival bag - minimum 500 gauge
- Drinking water
- A mug
- Emergency personal first aid kit
- A copy of all written instructions to competitors

Each Team must carry:

- Two sets of OS maps of the area
- Two compasses (Silva or similar)
- Team first aid kit containing, as a minimum, a good supply of plasters and 3 large triangular bandages in a waterproof bag/box

In addition for the 50mile and 50km routes, each team must carry:

- An emergency shelter, also known as a KI SU or Blokka bag, or a 2 person tent without poles or pegs. Full description in walk booklet

- A sleeping bag
- A stove and fuel, emergency food and equipment to cook it

Desirable items

A mobile telephone as a means of contact in an EMERGENCY.

Competitors must keep in groups of at least 3 until 16.00hrs after which time they must be in groups of at least 4. Competitors can retire at any checkpoint and the remaining team members can join up with another team to form a 'scratch team' who may finish but scratch walkers will not qualify for a trophy. Competitors must register at all checkpoints in the specified order.

A team will be disqualified if:

- Any member is inadequately equipped
- Any member receives outside assistance (other than medical)
- Accompanied by unregistered walker(s)

A competitor will be withdrawn from the event and not allowed to continue if:

- In the opinion of a marshal they are deemed unfit to continue
- They are deemed by the organisers to be making unsatisfactory progress

All decisions of the organisers are final. The organisers reserve the right to adjust the rules and route if they consider it necessary. The organisers cannot be held personally responsible for any mishap or injury, however caused during the event.