

2023 EQUIPMENT AND KIT LIST FOR ALL COMPETITORS

THE ITEMS ON THE FOLLOWING PAGES ARE MANDATORY EXCEPT WHERE INDICATED, FAILURE TO COMPLY WITH THIS LIST RISKS YOU OR YOUR TEAM NOT BEING ABLE TO COMPETE.

The weather conditions in October can be extremely demanding. It is essential that you are properly equipped for winter conditions of snow, ice and rain. You may be exposed to severe weather over a prolonged period and you will need clothing to keep you warm and dry.

When shopping for items on the kit list, be careful that you are not paying 'over the top' for high profile brands, when the same piece of equipment can be bought, without the name, for a fraction of the price. Ask what the piece of kit is designed to do, and what it is made of. Compare this with the kit list to ensure that you are buying the most cost effective piece of kit that will do the job that you require it to do.

If you need any advice on kit this can be obtained by emailing Richard Hayward at hpakit@hertfordshirescouts.org.uk

Any queries at all about any aspect of kit or equipment must be directed to: hpakit@hertfordshirescouts.org.uk

As a guide these are some of the outdoor equipment shops in Hertfordshire. Please check on line for exact locations.

Cotswold Outdoor
Snow and Rock

*Several stores
Hemel Hempstead*

Countryside Ski & Climb
PJ Outdoors
Trespass
Go Outdoors

*Old Stevenage
St Albans
Several stores
Harlow, Milton Keynes,
Bedford*

IMPORTANT NOTES/CHANGES

- KIT LISTS HAVE NOW BEEN COMBINED** to cover all entry classifications as follows:

COMPETITION CODE	COMPETITION
E1	Explorer Low Level Course
E2	Explorer Hill and Mountain Course
SN1	Senior Low Level Course
SN2	Senior Hill and Mountain Course

PLEASE READ THE GRIDS IN CONJUNCTION WITH THE SPECIFICATION

- ONLY RESEALABLE GAS CARTIRIDGE STOVES ARE TO BE USED ON PEAK ASSAULT**, no liquid fuel or hexamene stoves to be used. No briefcase "spring loaded" butane stoves. This has been previously communicated.
- EXPLORER COMPETITION ONLY** – an option for some equipment to be transported direct to overnight is now available, this is to reduce weight on individual participants – further info on page 7

WARNING

In the event of dispute over equipment fabric, the manufacturers label will be referred to. If illegible or missing the judges' decision is final.

IT IS RECOMMENDED TO CARRY SPARE CLOTHING WHICH MUST BE OF PEAK ASSAULT SPECIFICATION. NO COTTON CLOTHING IS TO BE WORN OR CARRIED AS SPARE CLOTHING. NO UNIFORM SHIRTS TO BE CARRIED.

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PEAK ASSAULT 2023 - PERSONAL EQUIPMENT GRID
TO BE READ IN CONJUNCTION WITH KIT SPECIFICATION (PG 4/5)



		Explorer (E1)	Explorer (E2)	Network/ Senior (SN1)	Network/ Senior (SN2)
1	RUCKSACK with WATERPROOF LINERS (Min 2)	M	M	M (2 per Team)	M (2 Per Team)
2	WALKING BOOTS	M	M	M	M
3	LONG SLEEVE WICKING BASE LAYER	M	M	M	M
4	SPARE LONG SLEEVE WICKING BASE LAYER	M	M	O	O
4	LONG SLEEVE JUMPER OR JACKET:	M	M	M	M
5	WATERPROOF/WINDPROOF JACKET	M	M	M	M
6	WALKING TROUSERS	M	M	M	M
7	WALKING SOCKS	M	M	M	M
8	GLOVES or MITTS	M	M	M	M
9	WARM HEADWEAR	M	M	M	M
10	WATERPROOF OVERTROUSERS	M	M	M	M
11	SLEEPING BAG	M	M	M (2 per Team)	M (2 per Team)
12	KARRIMAT or SELF –INFLATING MAT	M	M	M (2 per Team)	M (2 per Team)
13	TORCH with SPARE BATTERIES & BULB	M	M	M (2 per Team)	M (2 per Team)
14	PLASTIC WHISTLE – CARRIED ON PERSON NOT BAG	M	M	M	M
15	SPARE BOOT LACES	M	M	O	O
16	WATER BOTTLE (2litres, filled)	M	M	M	M
17	EMERGENCY RATIONS	M	M	M	M
18	PERSONAL FIRST AID KIT (if required)	O	O	O	O
19	PENCIL/PEN	M	M	M	M
20	EMERGENCY CARD (given at start line)	M	M	M	M
21	FOOD FOR LUNCH AND SNACKS	M	M	M	M
22	HOT SATURDAY DINNER	M	M	N/A	N/A
23	HOT SUNDAY BREAKFAST	M	M	N/A	N/A
24	EATING/DRINKING IMPLEMENTS	O	O	O	O

M - Mandatory
O - Optional
N/A Not Required

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PEAK ASSAULT 2023 - TEAM EQUIPMENT GRID
TO BE READ IN CONJUNCTION WITH KIT SPECIFICATION (PG 6)



		Explorer (E1)	Explorer (E2)	Network/ Senior (SN1)	Network/ Senior (SN2)
1	2 COMPLETE TENTS	M	M		
2	TEAM SHELTER			M	M
3	2 STOVES AND SUFFICIENT FUEL	M	M	O	O
4	MATCHES OR LIGHTER	M	M	M	M
5	ADEQUATE COOKING POTS AND COOKING IMPLEMENTS FOR THE TEAM	M	M	O	O
6	2 x UNBREAKABLE VACUUM FLASK FILLED WITH HOT BEVERAGE 0.5ltr must be available at all times	Sun only 1 ltr per team	Sun only 1 ltr per team	M 2 ltrs per team	M 2 ltrs per team
7	2 WATERPROOF MAP CASES	M	M	M	M
8	2 MAP READING COMPASSES (With Romer)	M	M	M	M
9	2 x INDELIBLE OHP/PERMANENT PEN (with fine tip for marking checkpoints on map)	M	M	M	M
10	FIRST AID KIT TO INCLUDE: ZINC OXIDE OR AIRSTRIP TAPE PLASTERS 2 X NON SURGICAL STERILE DRESSING CREPE BANDAGES 2 X TRIANGULAR BANDAGES (MUST BE CALICO)	M	M	M	M
11	2 WATCHES	M	M	M	M
12	2 x MAN SIZED SURVIVAL BAGS	M	M	M	M
13	NOTEBOOK	M	M	M	M
14	2 x LARGE ZIPLOCK TYPE BAGS	M	M	M	M
15	4 x 50p PIECES OR MOBILE PHONE	M	M	M	M
16	2 x 50ml ANTIBACTERIAL HAND GEL	M	M	M	M
17	COMPLETE CHANGE OF CLOTHES IN CASE OF EMERGENCY	N/A	N/A	M 1 per team	M 1 per team

M - Mandatory
O - Optional
N/A Not Required

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PEAK ASSAULT 2023 - PERSONAL EQUIPMENT - SPECIFICATION



ALL KIT MUST BE IN GOOD CONDITION TO BE READ IN CONJUNCTION WITH KIT REQUIREMENT GRID (PG 2)

	ITEM	COMPETITION	SPECIFICATION NOTES
1.	RUCKSACK with WATERPROOF LINERS	E1, E2	Rucksack must have adjustable back harness.
		SN1, SN2	Sufficient rucksacks to carry all kit for the team (minimum of 2) No minimum spec for the rucksack
		ALL	Rucksack liners need to be either purpose made, rubble bag, canoe bag etc. At least 2 per rucksack. Sleeping Bags and Spare Clothing must be in separate liners. If polythene type, must be at least 300 gauge/75microns thick. Bin liners and carrier bags are not adequate and will not be allowed.
2.	WALKING BOOTS	E1, SN1	Must have rubber soles, ankle support and recognisable tread. Approach shoes with ankle support will be allowed.
		E2, SN2	Must have rubber soles, mid sole support, adequate ankle support and recognisable tread. Approach shoes or approach shoes with ankle support are not suitable.
3. & 4.	LONG SLEEVE WICKING BASE LAYER	ALL + SPARE for E1, E2	Must be made of either: Man-made fibres (e.g. 100% polyester, tadel, polypropylene, NOT VISCOSE) OR: Merino/Technical wool. These are worn next to the skin for moving sweat away from the body.
5.	LONG SLEEVE JUMPER OR JACKET:	ALL	This should consist of Polyester Fleece/Soft Shell OR Pile OR Down
6.	WATERPROOF/WINDPROOF JACKET	E1, SN1	No minimum spec, but for comfort recommendation as for E2/SN2.
		E2, SN2	Must be made of a breathable fabric of at least 5000g/M ² /24hrs or < 15 RET and have taped seams. The only exceptions are: Paramo/Furtech and Pile/Pertex tops. If wearing pile/pertex/Paramo/Furtech separate waterproofs are not necessary. No sports/training tops.
7.	WALKING TROUSERS	All	Trousers must be full leg covering waist to ankle. Must be of primarily man made construction. Pure (100%) cotton is not allowed. Poly cotton (max 35% cotton), polyester, polyamide, nylon, tadel, shell suit bottom with lining (if polycotton lining, must be max 35% cotton content). If you feel the cold and are wearing poly cotton or polyester microfiber trousers, it will be necessary to wear a wicking base layer.
8.	WALKING SOCKS	ALL	It is recommended to wear two pairs, ideally a liner and the main sock. Main sock should have heel and toe protection. No cotton or cotton mix socks. No ski tube socks. Minimal wool is recommended.
9.	GLOVES or MITTS	ALL	Predominantly man made fabrics and full finger cover recommended. Ski gloves are cumbersome.
10.	WARM HEADWEAR	ALL	Predominantly man made fabrics recommended. A buff will not suffice as warm headwear.
11.	WATERPROOF OVERTROUSERS	ALL	Breathable fabric recommended.
12.	SLEEPING BAG	E1, E2	Must be mummy shaped New bags must have a comfort limit/lower limit/lower comfort limit of at least -5°C. Existing bags with a temp rating of between 0°C and -4°C can be used with a liner, BUT ONLY WITH PRIOR APPROVAL VIA THE HPAKIT EMAIL ADDRESS. Temperature ratings must be clear on the sleeping bag label, otherwise the kit check team can only make a decision based on what they can see.
		SN1, SN2	Must consist of an inner and outer fabric and insulating filling. (Min 2 per team)

PEAK ASSAULT 2023 - personal equipment – specification cont'd



13.	KARRIMAT or SELF – INFLATING MAT	ALL	Either closed cell foam e.g. Karrimat or self-inflating type e.g. Thermarest
		SN1, SN2	Min 2 per team
14.	TORCH with SPARE BATTERIES & BULB	ALL	<p>Torches must be a minimum of 3.0v rating. AAA cell torches must have either a minimum of 3 white LED's or a single min 1W super bright white LED. AA cell torches must have a gas bulb (e.g. Halogen, Krypton) or LED with a minimum of 3 white LED's or a single min 1W super bright white LED.</p> <p>Complete set of replacement batteries required. LED torches do not require spare diodes/bulbs. Petzl e-lite does not meet the above criteria and will not pass.</p>
		SN1, SN2	Min 2 per team
15.	PLASTIC or ANODISED ALUMINIUM WHISTLE	ALL	<p>If whistle contains a pea, then it must not be cork. Must not be uncoated steel.</p>
16.	SPARE BOOT LACES	EN1, EN2	Must be boot laces, to fit the boots worn. Minimum 150cm length.
17.	WATER BOTTLE (min 2litres, filled)	ALL	<p>Must be filled before kit check. Water bottles should be designed to be refillable and reusable (proprietary). Bladders are allowed.</p> <p>Re-used "single use" bottles such as Coke, Pepsi, Evian, Volvic etc will NOT be allowed.</p>
18.	EMERGENCY RATIONS	ALL	<p>Must contain a minimum of 1220kcal / 5146kj For example this can be achieved by carrying the following: 2 x Mars Bars (>= 58g each) 1 x Jelly concentrate (>=135g) 1x 50g salted peanuts</p> <p>Note: these are only for use in an emergency and should NOT form part of your day's food.</p>
19.	PERSONAL FIRST AID KIT (if required)	ALL	Any personal medications, pain relief, antihistamine etc. to be included in this.
20.	PENCIL/PEN	ALL	Consider the conditions and items/materials you may need to write on
21.	EMERGENCY CARD (given at start line)	ALL	
22.	FOOD FOR SATURDAY LUNCH	ALL	Must be substantial enough to provide energy for the activity.
23.	HOT SATURDAY DINNER	E1, E2	Must be a substantial, eg. 1 pot noodle is not sufficient
24.	HOT SUNDAY BREAKFAST	E1, E2	No minimum spec, porridge or similar recommended

PEAK ASSAULT 2023 - TEAM EQUIPMENT - SPECIFICATION

ALL KIT MUST BE IN GOOD CONDITION

TO BE READ IN CONJUNCTION WITH TEAM KIT REQUIREMENT GRID (PG 3)



	ITEM	COMPETITION	SPECIFICATION NOTES
1	2 COMPLETE TENTS	E1, E2	Must be "A" frame, Dome, Geodesic Dome or Tunnel, and must have alloy poles NOT fibre glass or carbon fibre.
2	TEAM SHELTER	SN1, SN2	A bothy shelter, KISU, Tent flysheet or similar for emergency shelter if required. If tent flysheet, it must not be the flysheet from a tent at base camp used for sleeping in.
3	2 STOVES AND SUFFICIENT FUEL	ALL	Gas Stoves Only, no liquid fuel or hexamine stoves Must have, for safety, resealable cartridges. There must be sufficient fuel for 3 hot meals for the whole team. 2 x 220g/230g cylinder (or equivalent) per stove. Basic gas stoves with the lever locking butane cartridges (briefcase stoves) or pierceable cartridges are not allowed on Peak Assault. Where carried by SN1/SN2, the rules regarding type of stove must be adhered to.
4	MATCHES OR LIGHTER	ALL	No minimum specification
5	ADEQUATE COOKING POTS FOR THE TEAM	ALL	No minimum specification
6	UNBREAKABLE VACUUM FLASKS FILLED WITH HOT BEVERAGE	E1, E2 (Sunday Only)	Minimum 1 litre premade in total per team, or the ability to make it, which includes fuel and water.
		SN1, SN2	Minimum 2 litres in total per team, or the ability to make it, which includes fuel and water. If premade, must be minimum of 2 flasks. E.g. 2 x 1ltr or 4 x 0.5 ltr 0.5 ltr MUST be available at all times, or full ability to make it
7	2 WATERPROOF MAP CASES	ALL	Peak Assault Maps are supplied A3 in size.
8	2 MAP READING COMPASSES	ALL	Must have romer built into base plate, or separately attached.
9	INDELIBLE OHP/PERMANENT PEN	ALL	with fine tip for marking checkpoints on map
10	FIRST AID KIT:	ALL	MUST INCLUDE: ZINC OXIDE OR AIRSTRIP TAPE PLASTERS 2 X NON-SURGICAL STERILE DRESSING CREPE BANDAGES 2 X TRIANGULAR BANDAGES (MUST BE CALICO)
11	2 WATCHES	ALL	Must be in working condition, and have correct time
12	2 x MAN SIZED SURVIVAL BAGS	ALL	Must be sealed on 3 sides
13	NOTEBOOK	ALL	
14	2 x LARGE ZIPLOCK TYPE BAGS	ALL	These are to keep your team information in while on the hill. Ideally resealable and capable of taking at least 6x sheets of A4 paper each.
15	4 x 50p PIECES OR MOBILE PHONE	ALL	Mobile phones are for emergency use only and must be fully charged, turned off and in a sealed plastic bag.
16	2 x 50ml ANTIBACTERIAL HAND GEL	ALL	
17	COMPLETE CHANGE OF CLOTHES IN CASE OF EMERGENCY	SN1, SN2	Minimum 1 complete change per team, must meet clothing spec as per personal kit, no cotton.

NO GPS, GPS WATCHES or SMARTPHONES

NO IPODS, MP3 PLAYERS OR RADIOS

GO PRO's / CAMERAS ARE ALLOWED AT OWNERS RISK

GENERAL NOTES

It is advised that competitors should not carry more than 25 to 30% of their bodyweight. During Kit Check any teams that appear to have inappropriate distribution between members will be spoken to and kit redistributed.

For any equipment or gear to perform fully to its designed specification it must be properly maintained and looked after. If the kit checkers find any items that they feel have deteriorated to such a state as to be now unsuitable, they will not pass kit check.

The kit checkers will not be familiar with all the products the numerous equipment manufacturers have produced over the years, so please be tolerant if they ask for more details about or query the suitability of any items of gear.

The Peak Assault environment is hilly and mountainous. Kit should be suitable for that environment. Items frequently seen that are not suitable and will fail include: Sports shell jackets / training tops - Trainers / Trainer Boots / CAT/Timberland Boots.

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REDUCED CARRYING OPTION FOR EXPLORER TEAMS

It has been noted that the kit requirement for the Explorer categories can cause issues with the weight being carried by some participants.

Therefore, there is an option to offload some of your kit after kit check to be transported direct to overnight site.

The following kit items can be split for carrying as follows:

	MUST BE CARRIED PER TEAM "ON THE HILL"	CAN BE TRANSPORTED
TENTS	1 Complete Tent	All remaining tents
SLEEPING BAGS	2 Sleeping Bags	All remaining sleeping bags
STOVES & FUEL	1 Complete Stove & Fuel	All remaining stoves and fuel
KARRIMATS / SELF INFLATING MATS	2 Mats	All remaining mats
COOKING POTS	2 Cooking pots	All remaining cooking pots

Large Bags and Associated Tags will be provided for the transportation of kit.

No other equipment will be transported other than specified as above.

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The organising team reserve the right to amend the kit list at any time, the current version (found in the footer of the document) will always be detailed and available for download on the website.