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

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 there 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 22nd May and Fri 12th 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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