

<b><u>VenMX Gear Checkers Checklist (Day 1)</u></b> <b><u>FULL PACK PATROLS ONLY</u></b>	<b><u>Patrol name:</u></b>	<b><u>Checkers' names:</u></b>
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**Record number of missing or non-complying item ONLYs. Do NOT tick OK items.**

Number of youth in patrol as checked->		Number items missing or non-compliant	Comments
<b><u>Personal Critical General Equipment items (compulsory):</u></b>			
1.	Strong backpack, suitably sized & adjusted		
2.	2 litres water with at least 600 ml of this in a non-breakable non-bladder (softdrink, water <u>or</u> juice bottles, not weak milk bottles etc)		
3.	Jumper <u>or</u> warm long-sleeved shirt <u>or</u> thermals		
4.	Raincoat <u>or</u> anorak <u>or</u> strong poncho <u>or</u> small personal tarp <u>or</u> plastic sheet with suitable ties so can be secured poncho-style ( <i>must be able to withstand rough use</i> )		
5.	Food for entire VenMX (3 days)		
6.	Sleeping bag in waterproof bag		
7.	Small torch <u>or</u> Cap lamp		
8.	Spare batteries for torch <u>or</u> cap lamp		
9.	Suitable hiking shoes/boots (wear)		
10.	Suitable heavy socks (wear) <u>or</u> outer socks & inner polypro socks		
11.	Hat with full brim <u>or</u> Legionnaire's hat (wear)		
12.	Hiking shirt with collar & at least short-sleeves (wear), preferably long sleeves. Can be same shirt as in item 35. Sleeveless <u>or</u> collarless not acceptable for walking.		
13.	Strong hiking pants (wear)		
14.	Underwear (wear)		
<b><u>Personal General Equipment Required:</u></b>			
15.	Waterproof internal pack liner <u>or</u> heavy duty plastic bag <u>or</u> waterproof pack cover		
16.	Toilet paper in plastic ziplock bag		
17.	Plastic bags - personal rubbish (2)		
18.	Emergency rations (e.g. at least 2 extra muesli bars)		
19.	KFS <u>or</u> "spork" ( <u>or</u> pocket knife, see item 35)		
20.	Plate & bowl <u>or</u> deep bowl <u>or</u> large mug that can hold dinner		
21.	Mug <u>or</u> cup		
22.	Spare pants, shirt, underwear, socks		
23.	Toothbrush & toothpaste (small amount)		
24.	Soap (preferably biodegradable) (small amount)		
25.	Small (hand) towel <u>or</u> chamois		
<b><u>Personal Critical First Aid Kit items (compulsory):</u></b>			
26.	Personal medications (incl antihistamines, Ventolin, EpiPen etc if required)		
27.	Sticking plaster (roll) <u>or</u> strapping tape <u>or</u> duct tape (blisters, etc)		
28.	50 mm conforming bandage (snakes etc)		
<b><u>Personal First Aid Kit items Required:</u></b>			
29.	Sunscreen (small container)		
30.	Insect screen ( <u>or</u> combined with sunscreen)		
31.	First aid cream <u>or</u> Betadine		
32.	Band-aids (10)		
33.	Panadol <u>or</u> similar (6)		
34.	Sharp pointed tweezers (splinters, ticks, etc)		
35.	Scissors ( <u>or</u> bring pocket knife)		
<b><u>Personal Critical Survival Kit items (compulsory):</u></b>			
36.	Whistle		
37.	2 pkt matches (in waterproof bag) <u>or</u> full gas lighter		
38.	Space/emergency blanket		
<b><u>Personal Survival Kit Required:</u></b>			
39.	Signalling mirror (old CD or equivalent)		
40.	3.6 m lanyard (6 mm poly or 8 mm sisal) with secured non-unravelling ends		
41.	3 m strong twine		
42.	Needle and thread		
43.	Spare shoe/bootlaces (if twine in item 41 not suitable)		
44.	<b>NOT CARRYING: Mobile with GPS, GPS, Machetes, Boom boxes</b>		

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<b><u>Patrol Critical General Equipment items (compulsory):</u></b>	
1. Tentage/tarps for entire patrol	
2. "Silva" <u>or</u> equivalent compass (2)	
3. Route instructions in map case <u>or</u> ziplock bag with strap (2 sets)	
4. Maps in clear, waterproof A4 size map case with neck strap	
5. Biro (2)	
6. Two working wrist <u>or</u> fob watches (mobile phones do not count)	
<b><u>Patrol General Equipment Required:</u></b>	
7. Special task instructions including any attachments (2 sets)	
8. General Route Instructions – Both Days	
9. Highlighter (2)	
10. 100 mm ruler ( <u>or</u> longer) <u>or</u> compass edge if graduated in mm	
11. Field log book (approximately 200 x 125 mm, bound at top)	
12. Ziplock bags for field specimens	
13. Cooking equipment (to suit meals)	
14. Cooking stove and fuel	
15. Scourer & detergent <u>or</u> safe effective alternative	
16. Tea towel <u>or</u> paper towel <u>or</u> plate bag <u>or</u> "chux" type rag	
17. Tin/can/bottle opener (if required for menu)	
<b><u>Patrol Critical First Aid Kit items (compulsory):</u></b>	
18. 100 mm (4) & 25 mm (1) conforming bandages	
19. Triangular bandage (4)	
20. Antiseptic hand wipes (8) or solution/gel	
21. 5 non-adhesive sterile gauze dressings (incl 1 large)	
<b><u>Patrol First Aid Kit Required:</u></b>	
22. 25 ml saline solution bottles (4)	
23. Disposable gloves (2 pr)	
24. Safety pins (2 large, 2 medium, 2 small)	
25. Elastoplast bandaid strip (300 mm in strips or single length)	
26. Small notebook or 4 sheets of A4 paper	
27. Biro (2)	
28. Scissors (patrol scissors)	
<b><u>Patrol Critical Survival Kit items (compulsory):</u></b>	
29. Copy of VenMX safety and lost procedures (as issued Fri night)	
30. Phone numbers of 5 key VenMX safety staff (as issued Fri night)	
<b><u>Patrol Survival Kit Required:</u></b>	
31. Candle (150 mm or 2 x 75 mm)	
32. 2 pkt matches (in waterproof bag) or full gas lighter	