

Escape and Evasion 2010

Overnight - Saturday 13th / Sunday 14th March

Special Forces Unit (SFU)

Kit Checklist

No Uniform required

Equipment for SFU Operations

Small Rucsac	<input type="checkbox"/>	Needed to carry hot drink / SFU first aid kit
SFU First Aid Kit	<input type="checkbox"/>	Essential – see Note 1 below
Waterproofs	<input type="checkbox"/>	Essential
Trousers/Tracksuit Bottoms	<input type="checkbox"/>	That dry easily
SFU Jacket	<input type="checkbox"/>	Essential – Each Member (see Note 2 below)
Warm Hat	<input type="checkbox"/>	
Gloves	<input type="checkbox"/>	
Warm top / fleece	<input type="checkbox"/>	
Walking Boots	<input type="checkbox"/>	
Usual other warm clothing	<input type="checkbox"/>	
Torch with Batteries	<input type="checkbox"/>	
Camera?	<input type="checkbox"/>	
Small amount of money	<input type="checkbox"/>	
Compass	<input type="checkbox"/>	At least 1 but better 2 per SFU
Map Case	<input type="checkbox"/>	
Hot drink in a flask	<input type="checkbox"/>	Essential
SFU Rations	<input type="checkbox"/>	Usual things – Mars Bar, etc!
	<input type="checkbox"/>	
	<input type="checkbox"/>	

Equipment for SFU Base

Tent	<input type="checkbox"/>	Enough Hike tents for your SFU
Sleeping Bag	<input type="checkbox"/>	
Sleep Mat	<input type="checkbox"/>	

Notes

1. **Personal First Aid Kit** – contents (all contained in a waterproof container/ bag)
Sterile dressings – one each of finger size, plus a medium, large and extra large.
Adhesive plasters – about twenty in assorted sizes in a small plastic bag.
Scissors – small.
Sterile wipes – six individual wrappings.
Tweezers – a small pair.
Triangular bandage.
Crepe bandage - about 10 cms wide.
Coins – for telephone calls, 999 call are free.
Card – with your name and address and details of any medical condition.
2. **High Visibility Bib / Jacket** – it is important that each member of your SFU wears this throughout the evening operations.
3.
4. Please bring plastic bags for transport of any wet clothing and dirty boots.
5.
6. No sheath knives, penknives and lighters.
7.
8. Any mobile phone/s are for emergencies only and should be in sealed envelope/container