

Rogaine Ireland 24 Hour Team Checklist

All teams should ensure that they are appropriately equipped for an event of this nature and take into account the changeable weather conditions that could be experienced in the Wicklow Mountains during the course of the event. The following is a list of the minimum requirements stipulated by the organisers.

Per Team

<input type="checkbox"/> 1 Map - EastWest Lugnaquilla & Glendalough	
<input type="checkbox"/> Basic first aid kit	

Per Team member

<input type="checkbox"/> Waterproof/Windproof over trousers	
<input type="checkbox"/> Gagoule/anorak with head covering and long sleeves	
<input type="checkbox"/> Whistle and compass	
<input type="checkbox"/> Biro or pencil	
<input type="checkbox"/> Water and Emergency rations	
<input type="checkbox"/> Survival bag or space blanket	
<input type="checkbox"/> Full leg cover additional to over trousers (tracksuit or 'O' suit bottoms allowed, jeans are not permitted)	
<input type="checkbox"/> Shirt or vest	
<input type="checkbox"/> Long sleeved woollen sweater or fleece	
<input type="checkbox"/> Torch and spare batteries	

Additional Recommended Items

Mobile phone with organiser's number, for emergencies only. Use of a mobile phone as an electronic navigational aid is strictly prohibited.

Depending on weather conditions it may be advisable to carry some of the following items: sunscreen, hat, midge repellent, water purification tablets.

Signatures

Please sign below to confirm that you will be carrying the required equipment for the duration of the event.

Competitor 1: _____

Competitor 2: _____

Competitor 3: _____