



## **Troutbeck 2024 Mandatory Kit**

### **18km**

**Route on electronic device and able to use it**  
**2000ml water**  
**600 Calories**  
**Electrolyte replacement**  
**Fully charged cell phone**  
**Whistle**  
**Space blanket**  
**First Aid kit with the following as minimum**  
    **Two Aspirin**  
    **Two bandages x 100mm wide**  
    **Plasters**  
    **Antiseptic wipes**  
    **Strapping tape**

### **10km**

**Route on electronic device and able to use it**  
**1000ml water**  
**300 Calories**  
**Electrolyte replacement**  
**Fully charged cell phone**  
**Whistle**  
**Space blanket**  
**First Aid kit with the following as minimum**  
    **Two Aspirin**  
    **Two bandages x 100mm wide**  
    **Plasters**  
    **Antiseptic wipes**  
    **Strapping tape**