

OMM 2008

OMM KIT CHECK, DECLARATION AND SAFETY RULES 2008

CAR REGISTRATION NUMBER

TEAM NUMBER

FIRST PAIR MEMBER

SECOND PAIR MEMBER

Competitors are required to check their clothing and equipment against this list and to present the list duly signed by both members of the team at registration.

*THE CLOTHING LISTED BELOW IS OPEN TO SOME VARIATION BUT **MUST PROVIDE WARMTH, ESPECIALLY WHEN WET**

- **WICKING** (ie. moisture transporting) NON COTTON BASE LAYERS WITH THE ADDITION OF A SWEATER OR FLEECE TOP WILL BE IDEAL
The trend of wearing a cotton Tee shirt over the base layer may help your 'street cred' but is NOT allowed. To ensure that your garments are warm when wet all your warm layers must be NON cotton. Wool is acceptable, of course. Polyester gives the best warmth weight ratio and lowest water absorption.
- **JEANS, T SHIRTS OR 'O' SUITS ARE NOT ACCEPTABLE**
Neither are polyester trekking type pants which are commonly worn on the assumption they are not jeans and therefore allowable.
- **ALL ITEMS EXCEPT TENT AND STOVE MUST BE CARRIED BY EACH TEAM MEMBER OF THE TEAM**
- **MOUNTAIN SAFETY.** ALL COMPETITORS ARE PRESUMED TO BE CONVERSANT WITH THE CONDITION KNOWN AS HYPOTHERMIA OR EXPOSURE, AND ITS TREATMENT. IF YOU DO NOT HAVE THIS KNOWLEDGE THEN YOU SHOULD CONSIDER SERIOUSLY WHETHER YOU ARE COMPETENT TO START THIS RACE. It is important to realise that 'exposure' can occur even in sunshine, which means it will be unexpected and not easily spotted. You should keep an eye on your partner particularly when your blood sugar levels are getting low. If exposure strikes at that point it's critically dangerous.
- **IN THE EVENT OF ACCIDENT OR INJURY, THE NORMAL CODE OF MOUNTAIN SAFETY APPLIES:**
Pitch the tent with the injured person inside in both sleeping bags, ensure he/she is warm use all available aids to insulate the person, take careful note of the exact location of the tent, and then go for help.
It is assumed by the organisers that anyone NOT reaching the overnight camp will be camped in safety elsewhere.
Remember; this is a team event and the primary safety support is you or your partner.
There is a significant amount of 'how to' information on the OMM web site under www.theomm.com and go to downloads:
hypothermia / nutrition / keeping warm and dry / layering for performance / 7 key elements for success

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|---|--|
| <input type="checkbox"/> Warm Trousers or Leggings | <input type="checkbox"/> Sleeping Bag |
| <input type="checkbox"/> Shirt or Thermal Top | <input type="checkbox"/> Footwear With Adequate Grip For Fell Conditions |
| <input type="checkbox"/> Sweater or Fleece Top | <input type="checkbox"/> Map, As Supplied |
| <input type="checkbox"/> Waterproof Over Trousers (taped seams) | <input type="checkbox"/> Space Blanket or large heavy gauge polythene bag |
| <input type="checkbox"/> Waterproof Jacket (taped seams) | <input type="checkbox"/> Rucksack |
| <input type="checkbox"/> Socks, gloves & hat | <input type="checkbox"/> First-Aid, a minimum of a crepe bandage and small wound dressings. |
| <input type="checkbox"/> Head Torch | <input type="checkbox"/> Pen Or Pencil |
| <input type="checkbox"/> Whistle | <input type="checkbox"/> Tent With Sewn-In Groundsheet |
| <input type="checkbox"/> Food For 36 Hours | <input type="checkbox"/> Cooking Stove with enough fuel at the end of day 2 to make a hot drink. |
| <input type="checkbox"/> Additional Emergency Rations | |
| <input type="checkbox"/> Compass (GPS Not Allowed) | |

We understand that the severity of this event and have the necessary experience to safely undertake it. We are fully conversant with the condition known as exposure or hypothermia, and its treatment. We therefore do not hold OMM (or any of its agents) responsible for any damage or illness sustained to me or my property or any consequential loss, during or after the event. We agree to abide by the rules and conditions laid down for the event. We except that the organisers reserve the right to refuse entry for persons considered to have insufficient experience, or disqualify those who fail to follow the rules and conditions. Ignorance of the rules is no excuse. We agree that my name, age, event successes, location (town only) and photo (taken at the event) may be published on the OMM web site, We confirm that our entry form details are correct. We declare that our clothing and equipment is in accordance with the rules as itemised in the entry form and comprises all the items as listed above. We declare that we are not carrying GPS and our mobile phones have been sealed by the registration team and will only be used in case of emergency.

SIGNED
(FIRST PAIR MEMBER)

SIGNED
(SECOND PAIR MEMBER)