

## **MANDATORY KIT FOR THE BOUDICCA WAY ULTRAMARATHON**

Listed below is the mandatory kit for this race. It is just that, mandatory and not optional. Do not turn up without this kit or you will not be able to race. Please do not put us in the awkward position of having to turn you away. This kit list is for your safety.

This is a trail race and although it is raced in the summer time we still recommend trail shoes you may well get away with road shoes but it is not recommended.

Mandatory kit:

1. 1 litre of fluids (minimum)
2. Enough snacks to last 8 miles
3. A rain jacket with taped seams
4. A head torch with spare batteries (a power bank will not do)
5. A spare long sleeve top in a waterproof bag
6. A fully charged mobile phone
7. GPX of the route or a paper map of the route ( a print out of Google maps is not appropriate)

This is a CUPLESS race so please bring your own cup, although this is not mandatory, if you don't have a cup you won't be able to have coke etc at aid stations.