MANDATORY KIT LIST

Below is the mandatory kit list, this is **mandatory and <u>not optional</u>**. We have run many ultras where people are blatantly not carrying the mandatory kit and not only is this unfair to your fellow competitors it is also a risk were you to be stranded with no kit and awaiting assistance. Remember, this is the UK and the weather can be unpredictable.

At registration, we may ask to see ANY or ALL ITEMS. **If you do not have them you will <u>NOT</u> be allowed to start. This is for your own safety and wellbeing.**

1. Rain jacket with hood and taped seams, min 10,000HH.
2. Head torch with spare batteries AND spare head torch required for the **<u>50 MILE race only</u>**
3. Spare long sleeved top in a waterproof bag (this must be kept separate and not to be worn except in an emergency)
4. Bottles or hydration pack with enough fluid to last 10 miles (1 litre minimum)
5. Enough food for 10 miles
6. Fully charged mobile phone
7. Card or £20 cash in case of emergency
8. Foil blanket or bivvy bag
9. GPX of the route downloaded onto a device that you are confident using

PLEASE BE AWARE BOGHOPPER RACES ARE CUPLESS SO PLEASE BRING YOUR OWN CUP!

OPTIONAL EXTRA KIT: E.g. Spare socks, Lube, Extra top, Waterproof trousers, hat and gloves, reflective detailing on your kit, rear flashing light / hi-viz, first aid kit.

This list is non-negotiable. As Race Directors we do not want to have to turn you away. Kit checks may also take place during the race and/or at the finish where penalties or Disqualification will apply.

PLEASE NOTE THAT FOR WINTER RACES (1st September through to 1st April) HEAD TORCHES ARE MANDATORY FOR 50KM RACES AS WELL.

OPTIONAL KIT

These are Optional but recommended

- First Aid Kit
- GPX of Route or Map
- Hat/Buff & Gloves
- Reflective strips on clothing/backpack
- Rear Red Flashing Light
- Card/Cash for Emergencies