

BOGHOPPER RACES LTD WINTER - MANDATORY KIT

This kit list is **mandatory, not optional**. 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 in the rain with no kit and awaiting assistance. Remember, Autumn/Winter Races can have unpredictable weather.

At registration, we may ask to see ANY or ALL ITEMS on this list. If you do not have them you will NOT be allowed to start the race. This is for your own safety and wellbeing. SO DON'T FORGET THEM!

- 1. Rain jacket, min 10,000HH with taped seams.**
- 2. Head Torch with spare batteries and spare headtorch**
- 3. Spare long sleeved top in a waterproof bag (this must be kept dry for emergencies)**
- 4. Bottles or Hydration pack with enough fluid to last 10 miles (1 litre minimum)**
- 5. Enough snacks/food for 10 miles**
- 6. Fully charged mobile phone**
- 7. Foil blanket or bivvy bag**
- 8. GPX or map**
- 9. Reusable cup**
- 10. Bank card or £20 cash in case of emergency**

OPTIONAL EXTRA KIT: E.g. Spare socks, Lube, Extra top, Waterproof trousers, Hat and gloves, Clothing/Kit with reflective detailing / Hi Viz or rear red flashing light, 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.