

MANDATORY KIT LIST

Below is the mandatory kit list, this is **mandatory and 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 if you were 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 NOT be allowed to start. This is for your own safety and wellbeing.

1. Rain jacket with hood and taped seams, min 10,000HH.
2. **50 MILE race only:** Head torch with spare batteries AND a spare head torch required for the
3. Spare long sleeved top in a waterproof bag (this must be kept separate and only be worn 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 (an OS map may be used if you are confident in how to map read)
10. Reusable cup - the races are cupless

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.