

# MANDATORY KIT LIST

You will not be able to start the race without these items:

- Waterproof Jacket with Taped Seams (min 10,000 HSH)
- Headtorch with spare batteries and a spare headtorch (not your phone)
- Long sleeved top (must be kept separate in a waterproof bag)
- Snacks and Drinks to last 8 miles (approx. 13km)
- Foil Blanket/Bivvy bag
- Fully Charged Mobile Phone (with Medical and Race Directors numbers in)

Reusable Cup - although not mandatory, the race is cupless so this is recommended

## **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