50 KM MANDATORY KIT LIST

You will not be able to start the event without these items

1. **Photo ID for Registration**
2. **Waterproof Jacket with Hood and Taped Seams (min 10,000 HSH)**
3. **GPX of the supplied route and the ability to navigate with it**
4. **Headtorch with spare batteries (or spare torch if it is a rechargeable)**
5. **Spare long sleeved top (kept separate in a waterproof bag emergencies only)**
6. **Bottles or hydration pack with fluid to last 10 miles (1 litre min)**
7. **Food to last 10 miles**
8. **Foil Blanket or Bivvy bag**
9. **Fully Charged Mobile Phone**
10. **Reusable Cup - the race is cupless**
11. **Card or £20 Cash for Emergencies**

This Mandatory Kit List is non-negotiable and is mainly for your safety. We have made it as small as possible. As Race Directors we do not want to have to turn you away if you turn up without the essential kit. Kit checks may also take place during the race and/or at the finish where Penalties or Disqualification may apply.

OPTIONAL KIT - Optional but recommended

- Battery pack and lead for phone/torch charging
- First Aid Kit
- Hat/Buff & Gloves
- Reflective detailing on clothing/backpack
- Rear Red Flashing Light
- Spare socks
- Waterproof Trousers