

MANDATORY KIT LIST FOR BOUDICCA WAY ULTRAMARATHON (WINTER VERSION)

1. Rain jacket with hood and taped seams, min 10,000HH.
2. Spare long sleeved top in a waterproof bag (this must be kept separate and not to be worn except in an emergency)
3. Bottles or hydration pack with enough fluid to last 10 miles (1 litre minimum BUT WE SUGGEST MORE)
4. Enough food for 10 miles
5. Fully charged mobile phone with race director and medical numbers programme in.
6. Card or £20 cash in case of emergency
7. Foil blanket or bivvy bag
8. GPX of the route downloaded onto a device that you are confident using

(we will issue a tracker link that you download to your phone, if you haven't got a gps device then you can use this to navigate if you like but you must carry a small power bank and lead to make sure your phone does not go flat as we may need to contact you if you go off course and you may need to contact us in case of emergency)

9. 2 headtorches and spare batteries (we will allow rechargeable battery headtorches but you must also have a second headtorch with spare batteries as well. This is not to make you carry extra kit this is to ensure you have a light source in case your primary light source fails. We get asked questions about this at every race. 2 headtorches and spare batteries please)

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

OPTIONAL EXTRA KIT:

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 and is for safety reasons. 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 essential kit.

Kit checks may also take place during the race and/or at the finish where penalties or Disqualification may apply.

There will be a 30 minute time penalty applied for each missing item, if you are missing 3 or more items you will not be allowed to start the race. NO DEBATE.