

MANDATORY KIT LIST

BOUDICCA WAY ULTRAMARATHON

(SUMMER)

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 fluid to last 10 miles (1 litre minimum)
4. Food/snacks to last 10 miles
5. Reusable Cup
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

OPTIONAL EXTRA KIT:

Spare socks, Lube, Extra top, Waterproof trousers, 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 the 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.