

# KIT LIST

By taking part in the event you agree to be suitably equipped and we, the organisers and those helping us reserve the right to exclude you from the event if you are not adequately equipped.

To help you prepare for the event and to make your day more enjoyable we ask you to bring the following:

- Map of the route in waterproof case and marked up in advance of the day, plus compass.
- Navigational system or you must be able to use a map and compass.
- Fully charged mobile phone.
- Whistle, head torch (preferably flashing) with spare batteries.
- At least one pair of spare socks.
- Small first aid kit - think about cuts and blisters, vaseline for chaffing.
- Suitable layers for the hills including full set of waterproofs, warm hat and gloves, fleece.
- We strongly recommend that you wear proper walking boots with ankle support that you have trained in.
- Small rucksack in which you can fit camelback/platypus type 3Lt water container or a large water bottle.
- We highly recommend two walking poles.
- We will give you a race number on the day with space for you to write your emergency contact numbers and any medical information to help us help you in an emergency.



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**PIONEERING CHALLENGES**