



COMPULSORY

Backpack, or suitable means of carrying required kit.

Suitable and adequate food for the event and the expected time taken to complete.

Means of carrying a minimum 500ml fluid. (more is recommended)

Thermal or wicking top

Full length leggings (don't necessarily have to wear but must have some)

Waterproof Jacket

Waterproof Trousers

Head coverage & Gloves

Headtorch – **ULTRA ONLY**

Whistle

Compass (which can take bearing)

Space blanket or emergency bivy

First Aid Kit (minimum to treat blisters and crepe bandage and large sterile dressing to treat blood injury)

Footwear with adequate grip for slippery off-road conditions

OPTIONAL

Additional thermal layers

Money

Mobile phone (charged!)

Hydration tablets

Energy gels