



THE WELSH TRAIL RUNNING SERIES - **ULTRA** KIT LIST (scroll down for marathon and trail)

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)

Long sleeve thermal or wicking top (don't necessarily have to wear but must have one)

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

Waterproof Jacket

Waterproof Trousers

Head coverage & Gloves

Headtorch

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

THE WELSH TRAIL RUNNING SERIES - **MARATHON** KIT LIST (scroll down for Trail)

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)

Long sleeve thermal or wicking top (don't necessarily have to wear but must have one)

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

Waterproof Jacket

Waterproof Trousers (assume compulsory unless otherwise stated)

Head coverage & Gloves

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

THE WELSH TRAIL RUNNING SERIES - **TRAIL** KIT LIST

The Trail Race has (we're delighted to say!) has attracted a wide range of abilities and experiences. Finishing times ranging between 1 hour and 5+ hours. Consequently we recommend that in addition to the compulsory kit listed, you very carefully consider the optional items. The Trail events still include sections of high exposed mountainous sections. A pair of shorts for the front runners is not suitable attire for a 5 hour time! It may be that if the forecast is favourable then some of the items listed will be down graded to 'optional', but there is never any guarantee that this will happen despite your own opinion on event day so please bring everything on the compulsory list to avoid disappointment.

COMPULSORY

Suitable means of carrying required kit.

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

Long sleeve thermal or wicking top (don't necessarily have to wear but must have one)

Waterproof jacket or shell (compulsory to carry or wear unless otherwise stated at registration)

Headwear and Gloves (compulsory to carry or wear unless otherwise stated at registration)

Footwear with adequate grip for slippery off-road conditions

OPTIONAL

Waterproof Trousers

Whistle

Compass (Which can take bearing)

Space Blanket or emergency bivy

First Aid Kit

Means of carrying fluid.

Full length leggings

Additional thermal layers

Mobile phone (charged!)

Hydration tablets

Energy gels