



MANDATORY KIT LIST 2024

Running Kit*

Item needed	Got it
Example Item	✓
Waterproof jacket or smock	
Waterproof trousers	
Hat	
Gloves	
Fell, mountain or trail running shoes	
Running rucksack/vest	
Food	
Survival bag	
Whistle	
GPS tracker (supplied)	
Mobile phone	
Water bottle, soft flask and/or hydration system (500ml)	

Cold Weather Kit**

Item needed	Got it
Example Item	✓
A spare long-sleeve base layer	
Warm and waterproof gloves	
A warm hat and/or waterproof cap	
Full-length tights/trousers	

Hot Weather Kit**

Item needed	Got it
Example Item	✓
Sun hat or cap with a visor shading the face	
Additional 500ml carrying capacity of the participant's water bottles, softflasks	

*You **must** have this **running kit** with you at all times while on the race route.

You **must bring these items to the event. At registration, the team will say whether or not you need to carry them.

CLOTHING AND EQUIPMENT EVENT RULES

Introduction

The minimum and mandatory clothing and equipment vary from one event to the next and will usually be checked at registration and may also be checked as runners enter the start pen – sometimes both! The minimum clothing and equipment must be carried throughout the event from start to finish. Our decision about the suitability of any item of clothing or equipment is final. Kit checks are conducted by appropriately experienced event team members, but they do not have the authority to interpret the minimum clothing and equipment list should there be any disagreement about the suitability of a particular item. Only the Race Director or nominated deputy can adjudicate if necessary. If you have any questions about the minimum clothing and equipment, we will be happy to help. What we will not do, is discuss the purpose or the requirement for a particular item on the kit list, i.e. "I've never needed waterproof trousers before..." Please don't try to game the system, e.g., bringing ladies' small waterproof trousers, when you are a large man. Please see our rules about deliberate cheating. Everything you bring must be fit for purpose and that means it must fit you.

Waterproof material must have a minimum of 10,000mm hydrostatic head to be suitable to withstand prolonged periods of mountain weather. 15-20,000mm is better. Any items of waterproof clothing that have damage, tears, holes, and/or are held together by duct tape or similar will be rejected at kit check. We will accept Paramo garments as an alternative so long as the items presented use Nikwax Analogy Waterproof textiles AND have had a recent DWR treatment.

Waterproof jacket or smock must have fully taped or welded seams, and a hood. If any of the seams are not sealed or there are laser-cut holes for increased breathability, then the garment is not fully waterproof.

Waterproof trousers must have fully taped or welded seams.

Hat. A buff is acceptable as a hat.

Gloves. You must have a pair of gloves suitable for the weather conditions.

Fell, mountain or trail running shoes. Participants must wear appropriate footwear for off-road running. Specialist fell running or mountain running shoes are usually best. Trail running shoes may be appropriate. We do not consider road running shoes, going barefoot, or minimalist barefoot footwear appropriate for our events.

Running rucksack/vest. Given that there is the potential requirement to carry the additional cold/hot weather kit, we would recommend a bag with at least 12l capacity... probably more.

Food. You must carry sufficient food for the duration of the race/day, and/or sufficient food for the sections between support points.

Survival bag. This must be a bag and not a blanket.

Whistle. You must carry a whistle.

GPS tracker (supplied). We will provide you with an official GPS tracker.

Mobile phone. You must carry a mobile phone, and it must remain charged and operational throughout the event.

Water bottle, soft flask and/or hydration system. You must carry a water bottle, soft flask and/or hydration system with a minimum capacity of 500ml.

Exceptional weather kit

Participants must carry additional clothing and equipment during periods of exceptionally cold and/or wet, or hot weather. These additional items must be carried as well as the other mandatory items listed above. These items should be brought to the event with you in case they are required.

Cold weather kit

The additional 'Cold Weather' clothing includes:

1) long-sleeve base layer 2) warm and waterproof gloves 3) a warm hat and/or waterproof cap* 4) full-length tights/trousers.

** During exceptionally wet/cold weather conditions, a buff is no longer acceptable as a hat, and an item designed as a hat (or waterproof cap) is required.*

Hot weather kit

The additional 'Hot Weather' clothing and kit includes:

1) a sun hat or cap with a visor shading the face 2) an additional 500ml carrying capacity of the participant's water bottle / soft flasks / Hydration System