

RUNNERS KIT

Runners Kit list Below is a guide line for the kit & equipment you should bring with you on the challenge. Please note we do not carry out kit checks, the below is just what we advise, it is up to you to choose what you think you will need.

Runners' Clothing Kit List:

- Running / training shoes - Terrain is mainly flat trails and road. Ensure that your shoes are fully broken in and also water repellent.
- Running tops – breathable, wicking material;
- Base layer to wear under your running top
- Running shorts / leggings
- Lightweight runners' jacket (with hood)
- Micro-fibre fleece •
- Small backpack or hydration vest
- Runners gloves or mittens
- A bandana / buff
- Peaked / wide brimmed hat - cover your neck in the sun Essential Equipment

Runners' Essential kit:

- Platypus/Camelback/bladder & Non-plastic water bottle - aim to carry 2L at all times
- Head Torch with spare batteries (mandatory for those expecting to still be running after dark)
- Sunglasses with 100% UV Protection
- UV protection Lip Balm
- Sun Screen - minimum 30SPF
- Wet wipes / Toilet Roll & Bag for used paper
- Hand Sanitizer
- Credit card / cash
- Mobile Phone + power bank - you must be contactable at all times during the Challenge
- First Aid Kit - including rehydration sachets
- Blister Kit (including 'Compeed,' plasters and antiseptic cream, talc, zinc oxide tape)
- Pain Killers
- Antihistamines (if you know you get bitten / hay fever etc.)
- Immodium