

All Runners must carry the Following kit:

- Fully Waterproof jacket with taped seams* and hood
(windproof is not sufficient)
- Waterproof trousers with taped seams*
- Spare base layer (long or short sleeved)
- Hat & Gloves
(A buff is not a hat!)
- Whistle, and a compass which can be used to take a bearing*
- Mobile Phone fully charged with the following numbers saved;
RO – 07583 997329 and
ICE - (in case of emergency) your emergency contact number
- Waterproof map of the route (available to buy at registration)

**See below for an explanation.*

Kit checks will be made at the registration for all competitors and random kit checks will be made at the beginning and end of the race. All podium finishers should expect to be kit checked on completion of the race.

In exceptional weather circumstances the race director may relax some items. In warm weather we recommend you carry sun cream and extra water.

Failure to carry correct kit *at all times* will lead to automatic disqualification.

Arguing with or being abusive to marshals carrying out kit checks will not be tolerated and will result in disqualification.

Taped Seams

Tape made of strong nylon cloth with a very thin yet heavy-duty waterproof rubber backing is used to seal off the stitched seams of a garment, to make the stitching completely watertight.



Compass

Even if you have a separate GPS device, being able to use a map and compass to take a bearing is important. For this you need a compass with a base plate and a rotating bezel.

