

### **KIT REQUIREMENTS (FULL KIT).**

- **Fully Waterproof Jacket (windproof is not sufficient). Must have a hood and Fully taped seams.**
- **Waterproof Trousers (fully taped seams).**
- **Hat (not buff).**
- **Gloves.**
- **Compass.**
- **Whistle.**
- **Map**

**It is always advisable to take fully kit requirements to all races as it is at the discretion of the race organiser as to what kit must be carried.**

**Races held in winter or in poor conditions may often require you to carry full race kit. Always check race websites for updates on this.**

**In AL, AM, & BL fell race FULL KIT MUST BE CARRIED.**