



KIT LIST

Each individual and team is responsible for being properly equipped for the Challenge. The following list should be seen as a minimum requirement only. Please check the weather forecast and use sound judgement for the kit you should be wearing and carrying.

- ☐ Mobile phone with fully charged battery, turned off and sealed in waterproof bag/container for emergency use only
- ☐ Watch to tell the time and ensure you are back on time!
- ☐ Two magnetic compasses
- ☐ First aid kit in a waterproof bag containing: pressure bandage, sterile wound dressing, surgical tape, plasters, antihistamines, medical gloves
- ☐ Large plastic box, waterproof (with lid) - Large enough to fit any change of shoes, clothes, food etc needed at transition for the whole team, labelled with your team's name



PER TEAM

Each team must carry the following for the duration of the Challenge.

Food such as bananas and Soreen will be provided as will snacks to help you fuel up during the transitions.

- ☐ Clothing suitable for the event (e.g. shorts, t-shirt, socks)
- ☐ Waterproof jacket with hood and taped seams
- ☐ Waterproof trousers with taped seams
- ☐ Backpack large enough to carry all spare kit (likely 15 litres minimum)
- ☐ Long sleeve top (or short sleeve with arm warmers). Close fitting of synthetic or wool fabric
- ☐ Long leg bottoms (or short leg with leg warmers). Close fitting bottom of synthetic or wool fabric
- ☐ Hat or buff. Close fitting and of synthetic or wool fabric
- ☐ Footwear suitable for trail use



PER PARTICIPANT

Each participant must wear or carry the following for the duration of the Challenge:

- ☐ Race food for the duration of each discipline
- ☐ Cycle helmet
- ☐ Whistle which is pea-less and functional in wet conditions – often built into your rucksack
- ☐ Survival sheet or bag of material coated in a metallic reflective agent
- ☐ Hydration system (either water bottles or camelback-type system) with minimum 1.5 litres of water-carrying capacity – water will be supplied on the route

IN ADDITION, THE FOLLOWING ITEMS ARE RECOMMENDED:



Highlighter pens and permanent markers for marking up the maps



Towel and change of clothes for post-event



Sun gear – hat, sunglasses and suntan lotion (SPF 50)



Gloves



Spare race clothes for each discipline