

Dear Competitor,

# THE FOLLOWING EQUIPMENT IS REQUIRED BY RACE RULES:

1. Suitable running shoes\*
2. Suitable running socks\*
3. A warm jacket (just in case)
4. A durable water repellent (DWR protection) windproof jacket\*
5. Buff/scarf or similar to cover your nose and mouth\*
6. Sunglasses\*
7. Legionnaire style hat or equivalent combination which completely protects the head and nape of neck\*
8. Watch\*
9. Running pack\*
10. Whistle\*
11. Compass\*
12. Hydration system with capacity for minimum 1.5 litres of fluid\*
13. High quality head torch with spare batteries (we also recommend red light capability)\*
14. Minimum of 800 kcal food reserve to be carried on you during each stage.\*
15. Minimum of 2000Kcal per day. Freeze dried food is highly recommended
16. Sun block (Minimum strength factor 30, although 50+ is recommended)\*
17. Personal basic first aid kit (including: safety pins \*4, cleansing wipes, antiseptic spray or cream, plasters, survival blanket)\*
18. Any medication you require\*
19. Sleeping bag (15-25 celsius at night)
20. Insect repellent
21. Mosquito net to sleep under

22. Proof of medical insurance
23. Local currency (Sri Lankan Rupee) for meals and souvenir shopping
24. An unlocked smart phone

## HIGHLY RECOMMENDED:

- Running poles
- Electrolyte solutions
- Roll mat or similar
- Pillow
- Music/ iPod or similar
- Normal clothes and toiletries for when you leave the race and for travelling
- Feel free to bring additional supplies, equipment or personal items
- Baby wipes (2 packs of 60-100). You do not have to carry these while running but consider carrying some for toilet stops)
- Spork, or similar eating utensils
- Shoes for camp, flip flops or similar (these can be left at camp while running)

A competitor's race hold-all (as mentioned in the race information pack) must not exceed 12kgs and must fit into one waterproof hold-all bag.

\* Items which must be carried on competitors at ALL times during the race.