

Dear Competitor,

THE FOLLOWING EQUIPMENT IS REQUIRED BY RACE RULES:

1. Suitable running shoes*
2. Suitable running socks*
3. Running pack*
4. Hydration system with capacity for minimum 1.5 litres of fluid*
5. A durable water repellent (DWR protection) windproof jacket, with taped seams*
6. Durable water repellent (DWR protection) windproof trousers, with taped seams*
7. Buff/cap or similar to cover your head*
8. High quality head torch with spare batteries (we also recommend red light capability)*
9. Watch*
10. Whistle*
11. Sun block (minimum strength factor 30, although 50+ is recommended)*
12. Personal basic first aid kit (including: safety pins *4, cleansing wipes, antiseptic spray or cream, plasters, survival blanket)*
13. Any medication you require*
14. Minimum of 800kcal food reserve to be carried on you during each stage.*
15. Minimum of 3,000kcal food for the weekend. Freeze dried food is highly recommended.
16. A warm jacket (for the evenings)
17. Sleeping bag (10-17 celsius at night)
18. Insect repellent
20. Fully charged smartphone*

HIGHLY RECOMMENDED:

- Running poles
- Waterproof gloves
- Sunglasses
- Electrolyte solutions
- Roll mat or similar
- Pillow
- Music/iPod or similar
- Normal clothes and toiletries for when you leave the race and for travelling
- Baby wipes (1 pack of 60-100)
- Spork, or similar eating utensils
- Shoes for camp, flip flops or similar (these can be left at camp while running)
- Local currency (Euros) for meals and souvenir shopping

Feel free to bring additional supplies, equipment or personal items.

A competitor's overnight bag must not exceed 6kgs and must be waterproof (as mentioned in the race information pack).

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