

## Kit List

Kit which you **MUST** carry or use.

These events traverse high/exposed moorland terrain late in the year. For all our long events you **MUST** wear/carry the following minimum items:

1. Fell running shoes that in our opinion are fully suitable for the type of rough terrain that you will encounter. Note: There has been a small move of some fell runners to competing barefoot. As organisers, we will consider this if the runner can show they have the experience and ability to compete barefoot. What you will not be allowed to use are trainers with high heels and no grip, such as road running shoes.
2. Full waterproof body cover. We may allow pertex overtrousers if the weather is nice but you **MUST** bring a second pair of waterproof over-trousers in case they are needed. Waterproof clothing typically has taped seams- if they ain't taped professionally then we reserve the right to test or refuse them! **SO: You MUST** bring waterproof overtrousers but we may allow just pertex to be taken on the day.
3. Hat/Buff
4. Gloves
5. Compass
6. Whistle
7. Map and control descriptions– you will each be given one on the start line.
8. Timing chip - each person must carry their own and use it at each control. We will hire one for you if you do not have your own.
9. Sufficient supply of liquid and food to see you through the event.
10. Watch. This can also be an altimeter or a GPS data logger but not a device that can display maps and be used to navigate
11. Race Number- You will each be given one at registration
12. Emergency bivvy bag (Winter Events only)- this must be a bag, not a sheet; it can be foil or plastic
13. Phone- This is not compulsory but it is advisory (see notes below- we may insist that you take one if the weather is poor so bring a waterproof bag to keep it safe in)

## Other kit you need to bring on the day

**We reserve the right to insist on extra items being carried such as extra layers of clothing and long bottoms if the weather is poor.**

**So you should also bring these extra items with you which we may ask you to take with you:**

- Up to **THREE** Extra upper body layers
- Long leg cover such as lycra bottoms and / or thick, thermal long bottoms
- A mobile phone

**Marshals will disqualify anyone who in their opinion does not meet the above equipment criteria. NOTE – this applies to ALL competitors!**