



## Race Kitlist

Compulsory kit must be carried at all times during the race. Given the changeable Scottish weather and the remote nature of parts of the route the recommended kit should also be seriously considered – warm clothes, clean socks and something to eat can make all the difference and help stave off injuries and the risk of hypothermia and exhaustion.

### Compulsory kit:

- 0 Waterproof jacket
- 0 Head torch (with spare batteries)
- 0 Space blanket
- 0 Water bottle/hydration system
- 0 Mobile phone\*

\* (number to be given to race marshals at registration and left switched on throughout the race)

### Recommended kit:

- 0 OS Landranger maps 64, 65, 66 (or OS Explorer maps covering the same area)
- 0 Compass
- 0 Hat
- 0 Gloves



## Race Kitlist

- 0 Spare clothing
- 0 Backpack
- 0 Basic medical kit containing antiseptic cream, plasters etc.
- 0 Snacks and energy food  
(Sufficient for a 55 mile footrace)