

Equipment each person/team taking part will need to bring/carry Rab MM08

Please print and bring to registration. Team number ___ ___ ___ Name(s) _____

Each team must carry (Solo entries must carry all their kit or teams may split this between members):

1. **A tent with a sewn in groundsheet(s).** BIVI BAGS ARE NOT ACCEPTABLE.
2. **Sufficient food** for an evening meal and a breakfast,
3. **A stove and means to produce hot food/drink** (enough fuel must remain to allow a hot drink to be made by you at the finish on Day 2)
4. **First aid kit** to include as a minimum: wound dressings (one large), triangular bandage, roller bandage & anti-inflammatory tablets/ointments (not compulsory). It is also recommended that you take some blister treatment and sunscreen/midge repellent (depending on the weather!).

Each person must wear or carry

- 1) **Compass** (Silva O type or equivalent) and **whistle**
- 2) **Map** (provided at the start)
- 3) **Pencil & paper**
- 4) **Torch (with spare bulb)** sufficient to give 6 hours light. A Petzl Tikka or similar torches which contain multiple LED's are fine but penlights are insufficient.
- 5) **Sleeping bag*** see note below
- 6) **Survival bag** (not space blanket)
- 7) **Waterproof cagoule with hood** (taped seams and *not just a Pertex windproof*)
- 8) **Overtrousers** (these can be Pertex)
- 9) **Hat & gloves**
- 10) **Tracksters/thermal bottoms** (Lycra tights OK if weather forecast is good)
- 11) **Thermal vest or similar**
- 12) **Warm thicker top**
- 13) **Hill food for each day** with a sufficient emergency rations to remain at the end of day 2
- 14) **Carry some money** with you in case you get stranded miles from the Event Centre!!
- 15) **A mobile phone is recommended in case of emergency**

*Note: A Goretex or eVent bivi bag or a Blizzard Pack may be used as a sleeping bag but not as a tent. Ultimately the runner is responsible for the warmth of their sleeping bag - it is not sensible to skimp but if the weather is warm these alternatives are an option. Footwear must be lightweight boots, fell running or orienteering shoes - no flat-soled trainers permitted.

Trail shoes may not be ideal for contouring but will be acceptable as long as the heel is not too high. The ideal shoe for most is a fell specific running shoe such as the Walsh PB, Inov-8, New Balance RX Terrain, The Felldancer or Adidas Swoop or Lightfoot.

Each person MAY WANT to wear or carry (Not compulsory)

- 1) Plastic bags to keep your feet dry at the overnight camp
- 2) Plastic bag to line your rucksack with
- 3) Carry mat or equivalent
- 4) Matches/lighter
- 5) Altimeter (but not a GPS or sat navigation type device)
- 6) Plastic bags/device to store water in at the camp site
- 7) Knife/fork/spoon/plate or bowl
- 8) Sun screen/insect repellent
- 9) A flag to mark your tent

Teams should be prepared for random kit checks on arrival at the midway camp and at the end of the event. A signed kit list needs to be handed in at registration before starting. NOTE - spot checks on clothing and equipment will be carried out by marshals during the event to ensure you comply with these requirements.