Example Kit list – Through the dark

You will each be provided with a high visibility jacket or crew t-shirt for the event. Please ensure you have adequate clothing for being outside over the duration of the event. Local temperatures can suddenly drop and it’s better to be too warm than too cold!

See below for recommended kit list:

* Smartphone with local emergency numbers saved
* What3Words app downloaded
* Hard wearing shoes/boots
* Waterproof gear
* Warm down jacket and warm hat
* Head torch (with spare batteries)
* Chargers - please note there will not be access to electricity so bring power banks
* Roll mat, sleeping bag 4-12 degrees and pillow
* Comfortable shoes for evening wear in camp
* Watch
* Hiking trousers/shorts
* Clothes to be worn before and after the race (one set will do)
* Sunglasses
* Protective hat/cap
* Sunscreen
* Insect repellent
* Thin jumper/sweater
* Mini towel
* Personal toiletries (including loo roll)
* Eating utensils – we will be providing all food in the form of dehydrated meals
* Mean to heat water e.g. jet boil 400ml
* Snacks
* Camera (if you like)

Anything that might keep you entertained at checkpoints (you are likely to spend a lot of time waiting for competitors to come through), books, speakers etc.