

RUNNER'S KITLIST

COMPULSORY

Trail running shoes

Running baselayers & underwear

Waterproofs & windproofs

Extra warm layers

Sun hat & suncream

Mobile phone (fully charged)

LED Head torch (at least 160 lumens)

Spare batteries OR spare head torch

Emergency food items (e.g. gel, bar, dried fruit)

Overnight equipment

USEFUL EXTRAS

Speed cup or bottle

Midge protection

Sleeping bag, mat & pillow

Anti-chafe lube

Headphones or earplugs