



ERYRI 25K

MANDATORY KIT PACKING LIST

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This document MUST be read in conjunction with the [Event Rules](#) for full item descriptions and requirements.

This document has been created to help participants with their preparations and packing.

To ensure their security and the smooth running of the event, each participant must carry with them all the items listed in the mandatory kit (both clothing and equipment) and take all the kit with them during the race, even if the runner is not using it.

Regular and random checks may be carried out during the race. A penalty, including up to disqualification, will be applied to runners who do not have all the mandatory kit with them (see section 18. Regulations and Penalties). This includes at the race start.

Please note: the items included in the mandatory kit checklist are the basic items which each runner may enhance according to their needs. In particular, you should not choose the lightest possible clothing, but prefer clothing that provides good protection in the mountains against cold, wind and rain, and therefore better safety and performance.

All mandatory clothing items, including jackets, trousers, over-trousers and additional layers, must be of the correct sizing to fit the participant comfortably. The participant may be asked to demonstrate the fit of the clothing as part of their mandatory kit check. Deliberate under-sizing of clothing may render the items unacceptable as part of the mandatory kit check.

HOT WEATHER AND COLD WEATHER KITS

Additional items of kit may be made compulsory for each race competition if the weather conditions require extra safety precautions to be taken (i.e the weather is either very hot, very cold, or likely to be interchangeable). These items will become mandatory at the discretion of the Event Director. These items will be communicated to participants at least 24 hours before the start of the competition.

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Clothing and footwear:

Suitable trail-running footwear	Road-running or barefoot style shoes <u>are not</u> acceptable.	
Waterproof jacket with hood	<ul style="list-style-type: none"> • This must withstand bad weather in the mountains and be made with a waterproof (minimum recommended 10,000 Schmerber) and breathable (RET recommended inferior to 13) membrane. • The jacket must be fitted with an integrated hood, or one which is attached to the jacket by the original system designed purposely by the manufacturer. • The seams must be sealed or fully taped. • The jacket must not have sections of fabric which are not waterproof. Air vents designed and fitted by the manufacturer (i.e. under-arm) are permitted, since they do not damage in any obvious way the impermeability. • It is the runner's responsibility to judge, with these criteria, if their jacket meets the mandatory kit requirement and is suitable for bad weather in the mountains. However, during an inspection, the judgment is made by the official in charge of the mandatory kit check or any random kit check on the route. 	

Equipment:

Smartphone (switched on and airplane mode turned-off)	<ul style="list-style-type: none"> • The runner must be reachable at any time while at the event including; before, during and after their race. • International roaming (for non-UK residents) must be activated allowing for the phone's use in UK. • LiveTrail application must be installed and active. It is recommended this is downloaded before arriving at the event. • The event's emergency contact number (available in the Runner's Guide) must be saved in your phone contacts. Do not mask your number. • Ensure you start your race with a fully charged battery. • An additional, external battery is highly recommended. 	
Capacity to carry a minimum 0.5 litres of fluids	At the departure of some aid stations it will be mandatory to leave with 0.5 litres of fluids (water, energy drink etc.) depending on the section to be covered or the weather conditions.	
Survival bag or emergency bivvy bag	This must have minimum dimensions of 2.0m x 0.9m. It is recommended this is a thermal bag which retains body heat. A survival blanket or foil blanket <u>is not</u> acceptable.	

Emergency food reserve	Recommendation is a minimum of 800kcal. This is the equivalent of 2 x gels and 2 x energy bars (approx. at least 65g each).	
Whistle		
Personal identification	Passport, driving licence or identity card are acceptable.	
Hot weather kit:		
Sunglasses	It is possible to use the same glasses for both the hot weather kit and cold weather kit if they are glasses with photochromic lenses.	
Saharan cap	Or any headwear combination which completely covers the head and nape of the neck.	
Capacity to carry a minimum 1.0 litres of fluid	This would be an additional 0.5 litres capacity added to the mandatory 0.5 litres.	
Cold weather kit:		
Warm second layer	A warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M)) OR The combination of a warm long-sleeved underwear (first or second layer, cotton excluded) of a minimum weight of 110g (men's size medium (M)) and a durable water repellent (DWR protection) windproof jacket. The windproof jacket does not replace the mandatory waterproof jacket, and vice versa.	
Long-legged trousers or race leggings	OR the combination of legging and socks, which cover the legs completely (these can be carried in the running pack in case their use is necessary).	
Warm and waterproof gloves	A combination of separate warm gloves (or mittens) and waterproof outer gloves is acceptable.	
Warm beanie hat		