









MANDATORY KIT

For 2026, the mandatory kit (essential clothing and equipment) **includes all items** on the cold weather kit. You will be required to bring all items to the event to be inspected before you are provided with your race bib.





24 hours before the race the event organisers will communicate the decision to **keep or remove specific items** (totally or partially) from the mandatory kit. The specific items are identified in the table below.

				
	100M 	100K 	50K 	20K 
Footwear				
Suitable robust trail-running footwear <ul style="list-style-type: none"> Minimal barefoot running shoes, running sandals or road running shoes are unacceptable 	Yes	Yes	Yes	Yes
Clothing				
Waterproof jacket with integrated hood (minimum 10,000 Schmerber), all seams taped or sealed <ul style="list-style-type: none"> The jacket must not have sections of non-waterproof fabric Air vents that are designed and fitted by the manufacturer are permitted (e.g. under arm vents) 	Yes	Yes	Yes	Yes
Synthetic insulated jacket or gilet <ul style="list-style-type: none"> Insulated fill layer (puffy, quilted or synthetic down filled) Small non-filled side panels are acceptable; non-filled sections of back, chest or arms are not permitted 	Yes	Yes	Yes*	Yes*
			<small>*The event organisers will communicate the decision to keep it or remove it 48 hours before the race</small>	<small>*The event organisers will communicate the decision to keep it or remove it 48 hours before the race</small>
Long-sleeved warm layer <ul style="list-style-type: none"> A warm top with sleeves, (equivalent weight 180g if using a men's medium) Cotton is not permitted Where two are required, one of these can be a windproof or additional waterproof jacket This can be worn or carried in your pack 	Yes – 2 layers	Yes – 2 layers	Yes – 1 layer	Yes – 1 layer
Long-legged trousers or race leggings	Yes	Yes	Yes*	Yes*
			<small>*The event organisers will communicate the decision to keep it or remove it 48 hours before the race</small>	<small>*The event organisers will communicate the decision to keep it or remove it 48 hours before the race</small>



	100M M	100K M	50K M	20K M
Clothing				
Waterproof over-trousers, all seams taped or sealed <ul style="list-style-type: none"> This does not replace the long-legged trousers or race leggings 	Yes	Yes	Yes	Yes
Warm waterproof gloves <ul style="list-style-type: none"> Where 2 pairs are required, it is possible to have a combination of (1 x warm gloves + 1 x waterproof gloves) 	Yes – 2 pairs	Yes – 2 pairs	Yes – 1 pair	Yes – 1 pair
Warm beanie hat	Yes	Yes	Yes	Yes
Cap, bandana or Buff®	Yes	Yes	Yes	Yes
Equipment				
Running pack <ul style="list-style-type: none"> This must have the ability and capacity to carry all items on the mandatory kit 	Yes	Yes	Yes	Yes* <small>*A running waist pack is permitted</small>
Smartphone <ul style="list-style-type: none"> This must be switched on and airplane mode turned off International roaming must be activated to allow use in the UK LiveTrail application must be installed and active The event emergency contact number must be saved in your phone contacts An additional external battery is highly recommended 	Yes	Yes	Yes	Yes
Reusable cup for hot drinks or soup (min. 150ml) <ul style="list-style-type: none"> A 150ml soft cup is not permitted 	Yes	Yes	Optional	Optional
Reusable plate, bowl and eating utensil <ul style="list-style-type: none"> You are required to have this if you wish to eat a hot meal at aid stations as no eating utensils will be provided 	Optional	Optional	N/A	N/A



	100M 	100K 	50K 	20K 
Equipment				
Capacity to carry a minimum amount of fluids <ul style="list-style-type: none"> For e.g. soft flasks or hydration bladders For some aid stations you will be required to leave with the minimum amount of fluids 	Yes – 1.5 litres	Yes – 1.5 litres	Yes – 1.0 litres	Yes – 0.5 litre
Headtorch + spare battery <ul style="list-style-type: none"> Each headtorch must maintain a minimum of 300 lumens throughout the burn time (i.e. battery life of the headtorch) Each head torch must have its own spare battery (or full set of batteries if multiple single batteries are required) Powerbanks are permitted as a spare battery 	Yes – 2 headtorches	Yes – 2 headtorches	Yes – 1 headtorch	Yes – 1 headtorch
Red tail light <ul style="list-style-type: none"> This must be switched on and worn on the back of the running pack at all times in the hours of darkness Red tail lights on headtorches are not permitted 	Yes	Yes	Yes	N/A
Survival emergency bivvy bag <ul style="list-style-type: none"> Minimum dimensions 2.0m x 0.7m Survival blankets or foil blankets are not acceptable 	Yes	Yes	Yes	Yes
Emergency food reserve <ul style="list-style-type: none"> Recommendation is a minimum of 400 kcals (equivalent 1 x gel + 1 x energy bars, or 2 gels) This must be unused at the finish unless you had an emergency 	Yes	Yes	Yes	Yes
Whistle	Yes	Yes	Yes	Yes
Baseplate compass <ul style="list-style-type: none"> Digital compasses on smartphones or smartwatches will not be accepted 	Yes	Yes	Yes	Yes









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	100M M	100K M	50K M	20K M
Equipment				
Small personal first aid kit <ul style="list-style-type: none"> Minimum of 2 x 500mg paracetamol, cohesive bandage (i.e. vet wrap), supplies to manage blisters and any personal medication 	Yes	Yes	Yes	Yes
Personal identification	Yes	Yes	Yes	Yes
Cold Weather Kit				
Long sleeved warm synthetic layer <ul style="list-style-type: none"> This must be made of synthetic material e.g. Polartec, PrimaLoft, Thinsulate or equivalent A synthetic fleece is permitted 	Yes	Yes	N/A	N/A
Protective eyewear <ul style="list-style-type: none"> This must have a clear lens and a fitted seal If you use prescription glasses, you will need to have protective eyewear which goes over your glasses Sunglasses with photochromic lenses are not permitted for this purpose 	Yes	N/A	N/A	N/A

ADDITIONAL RECOMMENDATIONS

The following are suggested as additional recommendations. These **do not** form part of the mandatory kit requirements.

				
	100M 	100K 	50K 	20K 
Spare warm clothing, hat, gloves	Optional	Optional	Optional	Optional
<ul style="list-style-type: none"> Additional warm layers in case of cold, wet weather or injury 				
Windproof jacket	Optional	Optional	Optional	Optional
<ul style="list-style-type: none"> This does not replace the waterproof jacket or vice versa 				
Waterproof dry bag or plastic bag	Optional	Optional	Optional	Optional
<ul style="list-style-type: none"> To keep clothing dry 				
Running or hiking poles	Optional	Optional	Optional	Optional
<ul style="list-style-type: none"> These must be carried for the duration of the race (you cannot start without poles and obtain them during the race) Poles are not allowed in your drop bag 				
Anti-chafe cream	Optional	Optional	Optional	Optional
GPS watch	Optional	Optional	Optional	Optional
£40 cash	Optional	Optional	Optional	Optional
Spare clothes for after your race	Optional	Optional	Optional	Optional