

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 and allowed to take part.

24 hours before the race the event organiser 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 Running sandals or road running shoes are unacceptable.	Yes	Yes	Yes	Yes
CLOTHING				
Waterproof jacket with integrated hood - Minimum 10,000 Schmerber (10,000mm). - All seams must be taped or sealed. - The jacket must not have sections of non-waterproof fabric. Air vents designed and fitted by the manufacturer (e.g. under-arm vents) are permitted. - Repairs must be waterproof and taped or sealed to the same manufacturer standards.	Yes	Yes	Yes	Yes
Synthetic insulated jacket or gilet - Insulated fill layer garment (puffy, quilted or synthetic down filled). - Small non-filled side panels are acceptable. Non-filled sections of the back or chest panels are not permitted.	Yes	Yes	Yes* *The event organiser will communicate the decision to keep it or remove it 24 hours before the race.	Yes* *The event organiser will communicate the decision to keep it or remove it 24 hours before the race.
Long-sleeved warm layer - Warm top with full-length sleeves (equivalent garment minimum weight of 180g if using a men's medium). - Cotton is not permitted. - Where two warm layers are required; one can be a windproof or extra waterproof jacket. - Can be worn or carried in your running pack.	Yes – 2 layers	Yes – 2 layers	Yes – 1 layer	Yes – 1 layer
Long-legged trousers or race leggings A combination of leggings and socks which cover the legs completely is permitted.	Yes	Yes	Yes* *The event organiser will communicate the decision to keep it or remove it 24 hours before the race.	Yes* *The event organiser will communicate the decision to keep it or remove it 24 hours before the race.

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	100M 	100K 	50K 	20K 
CLOTHING				
Waterproof over-trousers - All seams must be taped or sealed. - This does not replace the long-legged trousers or race leggings.	Yes	Yes	Yes	Yes
Warm waterproof gloves Where two pairs are required; it is possible to have a combination of 1 pair x warm gloves and 1 pair 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 This must have the functionality and capacity to carry all items on the mandatory kit.	Yes	Yes	Yes	Yes* *A running waist pack is permitted.
Smartphone - This must be switched on and airplane mode turned-off. - International roaming must be activated to allow calls to be received in the UK. - LiveTrail application must be installed and activated at the start of your race. - The event emergency contact number must be saved in your phone contacts. - An additional external battery pack and charging cable is highly recommended.	Yes	Yes	Yes	Yes
Reusable cup for hot drinks or soup - Minimum capacity 150ml. - Soft, ultra-lightweight cup is not permitted.	Yes	Yes	Optional	Optional

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	100M 	100K 	50K 	20K 
EQUIPMENT				
Capacity to carry a minimum volume of fluids - Soft flasks, hydration bladders or bottles. - At some aid stations you may be required to leave with the minimum volume of fluids.	Yes 1.5 litres	Yes 1.5 litres	Yes 1.0 litres	Yes 0.5 litre
Headtorch + spare battery - Each headtorch must maintain a minimum of 300 lumens throughout the burn time (i.e. battery life of the headtorch). - Each headtorch 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 x headtorch	Yes 2 x headtorch	Yes 1 x headtorch	Yes 1 x headtorch
Red tail-light - Worn on back of the running pack and must be turned-on during all hours of darkness. - Battery life must last for duration of race. - Red tail-lights on headtorches are not permitted.	Yes	Yes	Yes	N / A
Survival bag or emergency bivvy bag - Minimum dimensions 2.0m x 0.7m. - It is recommended this is a thermal bag which retains body heat. - Survival blankets or foil blankets are not acceptable.	Yes	Yes	Yes	Yes
Separate emergency food reserve - Must be unused at the finish unless you had an emergency and stopped on the course. - Recommendation is a minimum of 400 kcals (equivalent 1 x gel + 1 x energy bars, or 2 gels).	Yes	Yes	Yes	Yes
Whistle	Yes	Yes	Yes	Yes
Baseplate compass Digital compasses on smartphones or smartwatches will not be accepted.	Yes	Yes	Yes	Yes

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	100M 	100K 	50K 	20K 
EQUIPMENT				
Small personal first aid kit Minimum of cohesive bandage (i.e. vet wrap), supplies to manage blisters, small wounds, and any personal medication.	Yes	Yes	Yes	Yes
Personal identification	Yes	Yes	Yes	Yes
COLD WEATHER KIT				
Long-sleeved warm synthetic layer - 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 - 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 recommendations are additional items which may improve your comfort on the course and overall race experience. These **do not** form part of the mandatory kit requirements.

				
	100M	100K	50K	20K
Spare, warm clothing, hat and gloves Additional warm layers in case of cold or wet weather, or becoming immobile on the course.	Optional	Optional	Optional	Optional
Windproof jacket This does not replace the mandatory requirement for a waterproof jacket.	Optional	Optional	Optional	Optional
Waterproof dry bag or plastic bag To keep unworn clothing dry in running pack.	Optional	Optional	Optional	Optional
Running or hiking poles - 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.	Optional	Optional	Optional	Optional
Anti-chafe cream	Optional	Optional	Optional	Optional
GPS watch Route GPX files will be available to download from each race webpage before the event.	Optional	Optional	Optional	Optional
Cash (GBP Sterling) Approximately £40 for unforeseen emergency or transport expenses.	Optional	Optional	Optional	Optional
Reusable plate, bowl and cutlery - You are required to have these if you wish to eat a hot meal at aid stations. - Plates, bowls or cutlery are not provided on the course.	Optional	Optional	N / A	N / A
Spare clothes for after your race	Optional	Optional	Optional	Optional