MANDATORY KIT

For 2026, the mandatory kit (essential clothing and equipment) **includes all items** on the hot and 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.

At least 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 individual items are identified in the table below with an asterisk (*).

	UTS 100M	UTS 100K	UTS 50K	ERYRI 25K
	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 that are 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**
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. ▪ Can be worn or carried in your running pack.	**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-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.
Waterproof over-trousers ▪ All seams must be taped or sealed. ▪ This does not replace the long-legged trousers or race leggings	**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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	UTS 100M	UTS 100K	UTS 50K	ERYRI 25K
	100M	100K	50K	20K
CLOTHING				
Warm waterproof gloves ▪ It is possible to have a combination of 1 pair x warm gloves and 1 pair x waterproof gloves.	**Yes – 1 pair**	**Yes – 1 pair**	**Yes – 1 pair**	**Yes*** The event organiser will communicate the decision to keep it or remove it 24 hours before the race.
Warm beanie hat	**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.
Cap, bandana or Buff®	**Yes**	**Yes**	**Optional**	**Optional**
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**
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**

MANDATORY KIT

	UTS 100M	UTS 100K	UTS 50K	ERYRI 25K
	100M	100K	50K	20K
Equipment				
Headtorch + spare battery ▪ 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 x headtorch**	**Yes** **2 x headtorch**	**Yes** **1 x headtorch**	**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**	**N / A**
Small personal first aid kit ▪ Minimum 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**

MANDATORY KIT

	UTS 100M	UTS 100K	UTS 50K	ERYRI 25K
	100M	100K	50K	20K
HOT WEATHER KIT (extra Items)				
Sunglasses ▪ It is recommended the lenses offer 100% UV protection and suitable for bright sunlight.	**Yes***	**Yes***	**Yes***	**Yes***
Saharan cap ▪ Must cover the nape (back of the neck). ▪ A combination of headwear, such as a cloth attached to the cap with safety pins, is acceptable.	**Yes***	**Yes***	**Yes***	**Yes***
Sunscreen ▪ Minimum amount 30ml.	**Yes***	**Yes***	**Yes***	**Yes***
Capacity to carry a minimum amount 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*** **2 litres** This is an additional 0.5 litres capacity to the mandatory 1.5 litres.	**Yes*** **2 litres** This is an additional 0.5 litres capacity to the mandatory 1.5 litres.	**Yes*** **2 litres** This is an additional 1.0 litre capacity to the mandatory 1.0 litre.	**Yes*** **1 litre** This is an additional 0.5 litres capacity to the mandatory 0.5 litre.
COLD WEATHER KIT (extra Items)				
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***	**Yes***	**Yes***
Protective eyewear ▪ This must have a clear lens. ▪ If you use prescription glasses, you will need to have protective eyewear which goes over your glasses.	**Yes***	**Yes***	**Optional**	**Optional**

ADDITIONAL RECOMMENDATIONS

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

	UTS 100M	UTS 100K	UTS 50K	ERYRI 25K
	100M	100K	50K	20K
Spare warm clothing, hat, gloves ▪ Additional warm layers in case of cold or wet weather, or becoming immobile on the course.	**Optional**	**Optional**	**Optional**	**Optional**
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 recommended.	**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**
Reusable plate, bowl and eating utensils ▪ You are required to have this if you wish to eat a hot meal at aid stations (UTS 100M and UTS 100K only). ▪ Plates, bowls or cutlery are not provided on the course.	**Optional**	**Optional**	**N / A**	**N / A**
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**
Spare clothes for after your race	**Optional**	**Optional**	**Optional**	**Optional**