



LAKELAND TRAILS ULTRA MARATHON 2019

COMPULSORY KIT REQUIREMENTS (AS A MINIMUM) FOR ULTRA 100K AND 55K

Our kit check is run by volunteers who are part of the team helping you to have a safe and enjoyable event. While kit check can be a stressful part of registration please treat them with the respect they deserve and remember questions they have about your kit are simply for your safety.

KIT LIST

Full waterproof body cover, top (jacket) and bottom (trousers) A windproof not sufficient. These items should have taped seams and the jacket should have a hood.

Head torch (fully charged) and spare batteries

First aid kit (to include minimum blister plasters, bandage and zinc oxide tape/ other tape to secure dressing)

This is a minimum recommendation and you should include any items that you feel you may need including any regular medication. We do not recommend the use of NSAIDs during the race – this includes Ibuprofen.

Spare base layer top, long-sleeved Base layer top needs to be long sleeved. Arm sleeves are not acceptable as your base layer top – if you have sleeves these should be in addition

Hat & gloves. A Buff is acceptable as the hat.

Whistle Please check that it works in advance, especially if it is part of your running vest.

Mobile phone (fully charged)

Emergency foil blanket OR bivi bag

Emergency food & drink

This food and drink is to sustain you in the scenario of you being immobilised during the event and having to wait for assistance. The remote nature of some parts of the course can mean that getting to you could take a while and once you are stopped from running you can become cold, hungry and thirsty very quickly. We would recommend that you consider this when selecting your kit and as a minimum have an additional 100ml water (in a separate small bottle/soft flask) and one power/energy/chocolate bar additional to your general nutrition which should not have been opened when you cross the finish line.

Note: compass is optional, and poles and GPS are permitted. We also recommend you bring sun cream.

Please note, for your safety and following advice from Mountain Rescue, this kit list will be fully enforced regardless of prevailing conditions.