



## LAKELAND TRAILS ULTRA MARATHON

### 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 respect and remember questions they have about your kit are simply for your safety.

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

#### KIT LIST

**Full waterproof body cover, top (jacket) and bottom (trousers)** A windproof is not sufficient. These items should have taped seams and the jacket should have a hood. If it doesn't have taped seams, it won't pass the kit check

**Head torch (fully charged) (with spare batteries for the 100k or an extra headtorch)**

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

You should also include any items you may need including any regular medication. We do not recommend the use of NSAIDs (e.g. Ibuprofen) during the race.

**Spare base layer top, long-sleeved** Base layer top needs to be long sleeved. Arm sleeves alone are not acceptable.

**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) Please save our Safety HQ number 0161 818 2725 into your phone** (only active on the Event Day for emergencies only)

**Emergency foil blanket OR bivi bag**

**Emergency food & drink** A minimum of 100ml of water (in a separate small bottle / soft flask) and one energy / chocolate bar. These items should be unopened when you cross the finish line.

We also advise you wear suitable trail running shoes, e.g. inov-8 Trailfly G270s and carry sun cream.

You are welcome to use a compass, poles and GPS but the course is fully marked