



KIT CHECK

COMPULSORY KIT REQUIREMENTS FOR ULTRA 100k AND 55k

- **Photographic ID for Registration (Driving License / Passport)**
- **Full waterproof body cover, top (jacket with hood) and bottom (trousers) with taped seams**
- **Head torch (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)**
- **Spare base layer top, long-sleeved**
- **Hat & gloves**
- **Whistle**
- **Mobile phone (fully charged) Please save our Safety HQ number 07399 391692 into your phone**
- **Emergency foil blanket OR bivi bag**
- **Emergency food & drink**
- **Mug and / or Speedcup**