

Tweed Valley Ultra - Mandatory Kit List:

The Tweed Valley Ultra ventures into remote areas and the weather can deteriorate at any time of the year. Please be aware that it may take a while for any assistance to reach you & that you will soon cool down rapidly. It is essential that you dress appropriately for the conditions with suitable clothing and footwear.

The course ascends to 520m on open moorland so it is essential that you are prepared & equipped for weather conditions for the time of year.

Considering the event routes, the time of year and possible adverse weather conditions all items on the following list must be carried by the participant for the duration of the event as a minimum requirement:

- Full WATERPROOF body cover with taped seams (windproof is not sufficient)
- Hat, gloves & whistle
- Emergency foil blanket or bivi bag
- Head torch & spare batteries
- Mobile phone fully charged
- First aid kit to include: blister plasters/1 large sterile wound dressing/bandage or tape to secure dressing as a minimum requirement
- Water bottle/hydration bladder
- Sufficient energy food & fluid: Ensure you carry sufficient personal nutrition & drinks with you for the full route & do not rely on the hydration/feed stations as your only supply

Recommended Kit:

- Suitable trail running shoes are strongly recommended/essential.
- Thermal clothing

Random kit checks will also be in place throughout the event. Any participant not carrying the required mandatory equipment will be disqualified.

Please note this is a minimal requirement & it is important that you are prepared for the conditions that may be encountered. **THIS IS FOR YOUR OWN SAFETY.** We understand that you may not necessarily need to use this kit whilst running but it is essential that you are prepared for the eventualities that could occur.

