

## **Cairngorms Ultra Mandatory Kit List**

The Cairngorms are a mountainous region 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.

Considering the event routes 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:

<b>Full WATERPROOF body cover (Jacket &amp; Trousers) with taped seams (windproof is not enough)</b>
<b>Map and compass suitable for navigating the course.</b>
<b>Emergency foil blanket or bivi bag, whistle</b>
<b>Mobile phone fully charged</b>
<b>First aid kit to include: blister plasters/1 large sterile wound dressing/bandage or tape to secure dressing as a minimum requirement</b>
<b>Water bottle/hydration bladder/Cup.</b>
<b>Energy food &amp; fluid: Ensure you carry enough personal nutrition &amp; drinks with you for the full route &amp; do not rely on the hydration/feed stations as your only supply.</b>
<b>Trail/Suitable off road running shoes are essential.</b>

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.

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