

Kielder 10m & Dark Skies 10k Trail Races – Recommended Kit List:

Kielder Forest is a remote area 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, the time of year and possible adverse weather conditions it is recommended that all items on the following list should be carried by the participant for the duration of the event as a minimum requirement:

- Full WATERPROOF body cover (top & bottoms) with taped seams (windproof is not sufficient)
- Hat, Gloves & Whistle
- Emergency foil blanket or bivi bag
- Mobile phone fully charged
- Suitable trail running shoes
- First aid kit to include: blister plasters/1 large sterile wound dressing/bandage or tape to secure dressing
- Thermal clothing
- 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.

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.

Kielder Dark Skies 10km Trail Race - Kit List:

All participants must run with a working headtorch & spare battery.

We strongly recommend that 10k participants dress appropriately for the conditions with suitable clothing & footwear. The above kit list is highly recommended.