



KIT LIST

By taking part in the event you agree to be suitably equipped and we, the organisers and those helping us reserve the right to exclude you from the event if you are not adequately equipped.

To help you prepare for the event and to make your day more enjoyable we ask you to bring the following:

- Fully charged mobile phone (in waterproof case)
- Waterproof jacket with a hood, waterproof trousers
- Whistle
- Foil emergency blanket
- Spare warm layer, hat and gloves
- Suitable trail running shoes
- Own water container
- Emergency food
- Event participant number