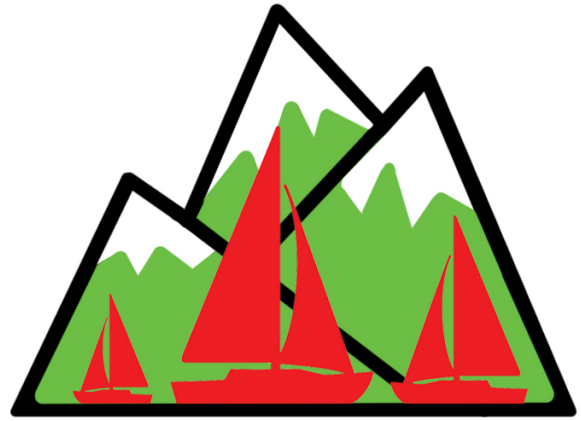


The following kit must be carried or worn by every runner on each land stage (if you do not have an item at the kit check at the start of each land stage, you will be sent back to get it!):

- Hat or balaclava
- Insulating thermal layer (jumper/hoodie etc)
- Wicking base layer (tech-t-shirt or similar)
- Gloves or mitts
- Thermal long johns
- Waterproof leggings
- Fell shoes, trail shoes or walking boots
- Waterproof cagoule/jacket with long sleeves and integral head covering
- Head torch and spare batteries
- Blizzard Bag (or sleeping bag and waterproof bivouac bag)
- Compass
- Whistle
- Pencil and paper
- Route maps – Each runner on each land leg must have a map of the route (in case participants are separated from their teams, each must have a map). Route maps should be laminated or carried in a waterproof carry case. Tip: it can be helpful to blow-up the map to a larger scale before lamination.
- Emergency rations – minimum 250g of chocolate or equivalent.
- First aid kit – one per team, including one large wound dressing, two triangular bandages and three elastic bandages (not plasters). Must be carried by the shore party.
- Mobile phone (note that coverage may be patchy or non-existent) for emergency use only - must be fully charged at the start of each land leg.
- Each team MUST carry their YellowBrick Tracker on each land leg.



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