

# Equipment List

## Main Bag Equipment Items (Compulsory)

What we refer to as the "Main Bag" is the bag you are going to use to store all your night gear and non-essential items, as you race each day. Your main bag must be a Duffel style fabric bag no larger than 70 litres (Such as the OMM duffel) with a max weight of 20kg, to be measured at base camp. We cannot accept hard sided cases, suitcases or anything that resembles a suitcase. If you bring a suitcase or something similar, we will loan you a duffel bag for the race at a cost of £200. In addition to this you must store or make arrangements for your case to be stored during the race. Our advice is to bring a suitable duffel bag.

## Compulsory Items

<b>Paracetamol</b> x20 500mg tablets (acetaminophen)	<b>Imodium</b> x6 tablets (Loperamide)	<b>Piriton</b> x10 tablets (Chorpheniramine)	<b>Dioralyte</b> x5 Sachets	<b>Antiseptic Cream</b> x1 Tube	<b>Bite/Sting Cream</b> x1 Tube (antihistamine)	<b>Plasters</b> x5 Varying Sizes (Band-Aids)	<b>Bandage</b> x1 Crepe Bandage
<b>Latex Gloves</b> x2 Pairs	<b>Blister Care</b> x4 Compeed Plasters	<b>Micro-pore Tape</b> x1 Roll	<b>Needles</b> x2 21g Needles	<b>Tweezers</b> x1 Pair	<b>Scalpel Blades</b> x2 Blades (Security Packaged)	<b>Sun Block Lotion</b> Min SPF 15	<b>Salts</b> Hydration Salts for entire race.
<b>Appropriate Race Clothing</b>	<b>Footwear for Extreme Trail Racing</b>	<b>Race Bag</b> GO for a light weight, run specific bag.					
<b>Duffel Bag</b> This is your main travel bag. This should carry all of your kit.	<b>Water Bottle/Bladder</b> At least 2L of water carrying capacity.	<b>Food</b> Minimum of 1500 calories per day.	<b>Survival Whistle</b> Make some noise!!	<b>Sleeping Bag</b> Light weight sleeping bag. Min temp 15°C.	<b>Single Man Tent</b> Ensure this is suitable for the jungle.	<b>Knife</b> Must be foldable and under 6" in length when open.	<b>Compass</b> This is a crucial piece of kit.
<b>Glow Sticks</b> x2 Glow Sticks with x8 Hour Life	<b>Safety Pins</b> x8 Safety Pins	<b>Wipes</b> Biodegradable Wipes/Tissues	<b>Head Torch</b> Must bring spare batteries.	<b>Mirror</b> You have to look your best. Useful for tick removal, etc.			

## Non - Compulsory Items

<b>Dry Bags</b> Useful to keep things dry, like cameras etc.	<b>Night/Camp Clothing</b> Clothes for sleeping, flip flops etc.	<b>Camera</b> Not essential, but great to remember the experience.	<b>Tea/Coffee</b> Great to unwind in camp.	<b>Walking Poles</b> These could help you over the finish line.	<b>Snacks/Comfort Food</b> Useful for extra calories.	<b>Headwear/Gloves/Socks</b> Any items that may help on your adventure.
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