

2017 Runners Kit

There will be a ***compulsory*** and ***full*** Kit Check for Runners including footwear and maps at Oban Registration. Runners who have insufficient kit in Oban will need to acquire any missing or inadequate kit before they are allowed to compete. Marshals will be available at the Registration point at Oban Sailing Club on Thursday evening from 4.00 until 10.30 p.m. and from 8.00 until 10.30 a.m. on Race Day.

A photographic kit list, with explanations, can be found on our website. For any further enquiries on kit, please email entries@scottishislandspeaksrace.com

The following list is a minimum requirement.

Competing over wilderness terrain possibly in darkness, poor visibility and/or poor weather conditions requires a particular emphasis on safety, greater than that normally required for most hill or fell races. This is recognised in the list of compulsory equipment detailed below. This is a *minimum* requirement to ensure your safety and reduce the risk to the Marshals or Mountain Rescue teams who may have to affect your rescue should an emergency arise. It remains the *responsibility of each competitor* to ensure that the range and standard of equipment is sufficient to ensure safety. All competitors on the mountain sections must have the following items with them at all times whilst they are on land. Items not being worn must be carried. Each rucksack must contain the equipment for one runner. Each runner must be familiar with the equipment and its use and know – in general where specific equipment is located in their rucksacks.

On each Island a further full kit check will take place during the five minute 'timeout', similarly runners with inadequate or missing kit will be asked to return to their boat to retrieve the compulsory kit. Rucksacks & equipment need not be carried over the short Oban and Troon routes. The equipment list has been designed to keep you safe. Runners who do not have the full kit or who have dumped it even temporarily, whilst competing may be disqualified.

Kit Required

1. Hat or balaclava.
2. 3 tops – 1 long sleeved and 2 thermal tops of the wicking variety.
3. Gloves or mitts.
4. Long trousers – tracksters, tracksuit bottoms or thermal long johns.



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5. Adequate footwear – fell shoes or trail shoes only.
6. Waterproofs – proofed cagoule/jacket with long sleeves and head covering and overtrousers.
7. Head torch – light weight LED with spare batteries or Petzl type with alkaline battery with spare batteries & bulb.
8. Blizzard Bag.
9. Compass & whistle.
10. Route maps – a full set of route maps for each runner competing, should be presented at the kit check at Oban, however only the map for each island route needs to be carried on that island – e.g. only carry Mull Map when on Mull. Route maps should be laminated or carried in a waterproof carry case.
11. Emergency rations – minimum 250gms of chocolate or equivalent.
12. Pencil & paper.
13. First aid kit (in date) – *one first aid kit per team* including one large wound dressing, two triangular bandages and three elastic bandages (not plasters). Please ensure that all runners know who is carrying the first aid kit at all times. All first aid items must be in date.
14. Race numbers (provided in the starter packs) must be worn at each landing including the Oban route. Runners should ensure that they know their boat number and name.
15. Use of mobile phones – The carrying of mobile phones is not a requirement, but if you choose to carry one please leave the number with the marshals undertaking kit checks at Oban Registration. This may assist you and the marshals in the event of any emergency. You may also find useful information on the following website <http://www.mountainrescuescotland.org/advice/when-should-i-call-for-help> which includes helpful information on pre-registering your mobile phone for emergency purposes.
16. The use of GPS for navigational purposes is not allowed on the running routes unless **in the case of emergency**.

