

## *Runner's Equipment 2024*

There will be a compulsory **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 10.30pm and from 8.00 until 10.30am on Race Day. However Race Day is extremely busy and it is preferable for runners to have their kit checked on the Thursday evening where possible. This also allows runners plenty of time to acquire/replace any items of kit should any runner fail the compulsory kit check at Oban.

The following list is a minimum requirement. Basic mountain navigation ability is essential. Use of GPS or other electronic mapping devices on land, is prohibited, except in emergencies.

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 minutes '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 emergency rations can be eaten if a runner deems it necessary, only after the kit checks have taken place on each island. It is not a requirement to finish each running leg with the rations intact. However, they must be replenished from supplies carried on the boat before the next landing stage and start of each run, should you choose to consume them.



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The use of walking poles is not permitted.

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.

### *Runner's Kit*

1. Warm head covering (e.g. hat or balaclava).
2. Warm neck covering a(e.g. buff, bandana, balaclava)
3. 3 tops – (technical, breathable or thermal material) at least 1 long sleeved .
4. Warm gloves or mitts.
5. Long trousers to cover the whole leg – tracksters or leggings
6. Adequate footwear – fell shoes or trail shoes only.
7. Waterproofs – jacket with taped seams and attached hood (e.g. Gore-Tex or similar) and waterproof over trousers.
8. Headtorch (LED) with spare batteries or spare headtorch.
9. **A team bothy bag (minimum 2 man) and individual survival bags (orange or blizzard) or a Blizzard Bag per team member. Foil blankets or coverings are not acceptable. (this is new for 2024)**
10. Compass & whistle.
11. 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.
12. Emergency rations – Minimum 1000 calories.
13. Means of carrying minimum 500ml of water
14. Pencil & paper.
15. **First aid kit – *one first aid kit per team* including one large wound dressing (sealed and in date), one triangular bandage, and three cohesive or crepe bandages (minimum 100cm x7.5cm). Please ensure that all runners know who is carrying the first aid kit at all times. (small change for 2024)**



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16. Race numbers (provided in the starter packs) must be **visibly** worn at each landing, including the Oban route. Runners should ensure that they know their boat number and name.
17. Use of mobile phones – We strongly recommend the carrying of a fully charged mobile phone, stored with the emergency phone number for Race Organisers which will be given to you at Race Registration. This may assist you and the marshals in the event of any emergency. Please leave the number on the disclaimer form at Oban Registration. We strongly recommend pre-registering with <https://www.emergencysms.net/> for the sending of emergency text messages. We strongly advise you to bring a charger for the mobile phone to ensure it is fully charged before each landing and running stage of the Race.
18. The use of GPS for navigational purposes is not allowed on the running routes unless **in the case of emergency**.
19. Yellowbrick trackers (provided at race registration)
  - **Please note** *We would also recommend that you bring with you a warm sleeping bag for the boat journeys.*



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