

Runner's kit list

Unless otherwise noted below, each runner must wear and/or carry:

1. Warm head covering (e.g. hat or balaclava).
2. Warm neck covering (e.g. buff, bandana, balaclava). This is *in addition* to item number 1 unless the item can achieve both functions simultaneously.
3. 3 tops – (technical, breathable, or thermal material), at least with long sleeves.
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. Waterproof top and bottoms – jacket with taped seams and attached hood (e.g. Gore-Tex or similar) and waterproof over trousers.
8. Headtorch (LED), with spare batteries or a spare headtorch.
9. Blizzard Bag. Foil blankets or coverings are not acceptable.
10. A team bothy bag (minimum 2 man): *mandatory* for Youth Teams, *highly recommended* for teams intending to have more than 2 people running a leg (eg. All Rounders, Services).
11. Compass & whistle.
12. Route maps – a full set of route maps for each runner competing. The full set must be presented at kit check in 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.
13. Emergency rations – Minimum 1000 calories.
14. Means of carrying minimum 500ml of water
15. Pencil & paper.
16. 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.
17. Race numbers (provided in the starter packs). Must be **visibly** worn at each landing, including the Oban route. Runners should also ensure they know their boat number and name.
18. Mobile phones – we strongly recommend the carrying of a fully charged mobile phone, with the emergency phone number for Race Organisers stored (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.

19. The use of GPS for navigational purposes is not allowed on the running routes unless **in the case of emergency**.

20. Yellowbrick trackers (provided at race registration).

Please note: we also recommend that you bring a warm sleeping bag for the boat journeys.