

Scottish Islands Peaks Race 2026

Mandatory kit list for all runners

CLOTHING	
3 tops	<ul style="list-style-type: none">• made of technical, breathable, or thermal material• at least one must have long sleeves
Long trousers	<ul style="list-style-type: none">• must cover the whole leg• eg. tracksters or leggings
OUTER WEAR	
Adequate footwear	<ul style="list-style-type: none">• fell shoes or trail shoes only
Waterproofs	<ul style="list-style-type: none">• jacket AND trousers• e.g. Gore-Tex or similar• must have taped seams• jacket must have attached hood
Warm head covering	<ul style="list-style-type: none">• e.g. hat or balaclava
Warm neck covering	<ul style="list-style-type: none">• eg. buff, bandana, balaclava• this is <i>in addition</i> to the head covering unless the item can achieve both functions simultaneously
Warm gloves or mitts	
EQUIPMENT	
LED head torch	<ul style="list-style-type: none">• AND either spare batteries• OR a spare headtorch
Blizzard bag	<ul style="list-style-type: none">• foil blankets or coverings are not acceptable – the Blizzard bag acts as a combination sleeping bag and survival blanket• the Life Systems ‘equivalent’ does not meet this requirement
A team bothy bag	<ul style="list-style-type: none">• mandatory for Youth Teams• highly recommended for teams intending to have more than 2 people running a leg (eg. All Rounders, Services)• does not need to be carried by running pairs• this is in addition to, <i>not instead of</i>, the Blizzard bag• minimum 2 person capacity
Compass & whistle	



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Route maps	<ul style="list-style-type: none"> • full set of route maps for <i>each runner</i> competing • must be laminated or carried in a waterproof carry case • 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
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Pencil & paper

First aid kit	<ul style="list-style-type: none"> • one kit per team • must have at least: <ul style="list-style-type: none"> • one large wound dressing (sealed and in date) • one triangular bandage • three cohesive or crepe bandages (minimum 100cm x7.5cm) OR one long bandage at least 300cm long AND a means to cut the bandage • all runners must know who is carrying the kit at all times
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FOOD

Water	<ul style="list-style-type: none"> • means of carrying minimum 500ml of water
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Emergency rations • minimum 1000 calories

PROVIDED AT RACE REGISTRATION

Race numbers • must be **visibly** worn at each landing, including the Oban route
• runners should also ensure they know their boat name and team number

Yellowbrick trackers	<ul style="list-style-type: none"> • must be carried on all island runs
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RECOMMENDED

Mobile phone	<ul style="list-style-type: none"> • fully charged with the emergency phone number provided at race registration stored • this may assist you and the marshals in the event of any emergency • please leave the number on the disclaimer form • we strongly recommend pre-registering for the sending of emergency text messages • and charger for use on the boat to ensure phone is fully charged before each landing and running stage of the race
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Warm sleeping bag • for use aboard the boat

Warm dry clothing	<ul style="list-style-type: none"> • for recovery aboard the boat
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