



Packing List

<p style="text-align: center;"><u>Clothing:</u></p> <p style="text-align: center;">Running Clothes: 2 Shirts, 2 Shorts, 2 Socks, Waterproof Jacket, Trail Shoes, Gloves, Arm Warmers, Hat, Buff.</p> <p style="text-align: center;">Casual Clothes: Shirts, Shorts, Socks, Underwear, Closed Shoes, Slops.</p> <p style="text-align: center;">Warm Jacket, Jeans, Tracksuit, Long Sleeve Shirts. Laundry Bag.</p>	<p style="text-align: center;"><u>General Stuff:</u></p> <p style="text-align: center;">Head Torch Towel Toiletries Sunscreen Phone Charger Race Drink CASH (Coffee, Bar, Massage, Day Care) Chafing Cream Sleeping Bag Pillow Hydration Pack / Water Bottle Sunglasses</p>						
<p><u>Compulsory Kit:</u></p> <p>The following kit will be checked at the start of each stage:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">- Shoes</td> <td style="width: 33%;">- Hydration Pack/ 1 Litre Water</td> <td style="width: 33%;">- Charged Cell Phone</td> </tr> <tr> <td>- Race Number</td> <td>- Energy Bars/ Food</td> <td>- Waterproof Jacket</td> </tr> </table>		- Shoes	- Hydration Pack/ 1 Litre Water	- Charged Cell Phone	- Race Number	- Energy Bars/ Food	- Waterproof Jacket
- Shoes	- Hydration Pack/ 1 Litre Water	- Charged Cell Phone					
- Race Number	- Energy Bars/ Food	- Waterproof Jacket					
<p style="font-size: 1.2em;">Of all the paths you take in life, make sure a few of them are dirt. -John Muir</p>							

Campsites do not have electricity, however there will be a charging station at the race village.

Hot showers and clean toilets are available at the race village.

