

## Minimum mandatory kit list 2025

	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
<b>Rucsac or Race Vest or Bumbag</b> to carry all mandatory Kit	●	●	●	●
<b>Running / Walking shoes</b> suitable for rough terrain	●	●	●	●
<b>Waterproof Jacket</b> with integrated hood and taped seams	●	●	●	●
<b>Waterproof Overtrousers</b> taped seams	●	●	●	●
<b>Full length or Three-Quarter Length Legwear</b>	●	●		
<b>Base Layer</b> wicking upper body cover	●	●		
<b>Warm Layer</b> long sleeved micro pile or fleece	●	●	●	
<b>Insulated Jacket</b> long sleeved - synthetic insulation - NOT DOWN	●	●	●	
<b>Warm Hat</b> or two 'Buffs'	●	●	●	
<b>Gloves or Mitts</b>	●	●	●	
<b>Head Torch</b> with battery life to cover hours of darkness in your race	●	●	●	
<b>Spare Batteries For Your Torch Or A 2nd Head Torch</b>	●	●		
<b>Survival Bag</b> or group shelter - Foil, plastic or breathable - NOT A BLANKET	●	●	●	●
<b>Map</b>	●	●	●	
<b>Compass</b> baseplate compass - NOT ELECTRONIC OR A PHONE APP	●	●	●	
<b>Whistle</b> six short blasts every 60 secs is a fail-safe emergency signal	●	●	●	●
<b>Water bottle / Hydration Bottle</b> minimum 500ml capacity	●	●	●	●
<b>Food</b> food to be eaten during the event in between feed stations	●	●	●	
<b>Emergency Food</b> a minimum of 500kcal to be carried for emergency only	●	●	●	
<b>'Spork'</b> spoon or fork for use in checkpoints	●	●	●	

## Minimum mandatory kit list 2025 - Cont.

<b>Mug - Min 300ml</b> free standing and rigid - suitable for hot liquids	●	●	●	●
<b>Small First Aid Kit</b> to manage blisters and chafing / personal medicines	●	●	●	
<b>£ 20 Cash</b> often very useful	●	●	●	
<b>Phone</b> fully charged - save Event Control number into your contacts	●	●	●	●
<b>Bowl</b> Optional in case you intend on having hot food at feed stations	○	○	○	

## Adverse weather kit

<b>A Second Long Sleeved Warm Layer*</b> fleece / micro pile	●	●	●	●
<b>A Second Pair Of Gloves Or Overmitts*</b>	●	●	●	●
<b>A Warm Hat</b> in lieu of one of the standard buffs	●	●	●	●
<b>Full Length or 3 Quarter Length Legwear</b> no change from standard kit for 13V & 7V, additional in adverse weather for 5V	●	●	●	

## Additional kit in extreme hot weather

<b>Additional 500ml Liquid Carrying Capacity</b>	●	●	●	●
<b>Sun Hat</b> wide brimmed is better than a peaked cap	●	●	●	●

● MANDATORY    ○ OPTIONAL

\*For 2V participants, you are only required to carry ONE long sleeved warm layer – fleece / micro pile and ONE pair of gloves or overmitts rather than The TWO suggested above.

## Kit Notes

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### Rucsac, Race Vest or Bumbag

This needs to be big enough to carry all your gear, both mandatory and your own additions, with ease of packing and removing items, such as your waterproof jacket or mug.

Depending on which event you are doing, capacity may easily need to be 15 litres, and if you have quite a lot of kit then a capacity of 20-25 litres is suitable.

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### Waterproof Jacket and Trousers

Your jacket needs to be waterproof, and not just showerproof. Look for a fabric with a Hydrostatic Head of at least 2000mm, with 'taped seams, a well-fitting and adjustable hood and cuff'.

'Taped seams' used to be the easy way to tell if the fabric itself was of reasonable quality. Taping or welding is now cheaper than sewing so be careful.

Overtrousers with ankle or knee length zips allow you to put them on quickly. Some cheaper 'pants' don't have any zips, in order to save money, and some ultra light 'racing' pants don't have them to save weight.

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### Insulated Jacket

An insulated jacket is a jacket containing a layer of synthetic insulation, between an outer wind proof (and maybe water resistant) layer, and an inner face fabric. The insulation must be in all parts of the jacket.

It is not really intended to be worn whilst participating in the race unless you are really slowing down and the weather is poor. This is the 'emergency / safety' layer that keeps you warm, when you twist an ankle, pull a hamstring and slow down or have to stop moving, and wait for a pickup or rescue. Your survival bag is next!

Down Filled jackets are NOT acceptable

Jackets insulated with any sort of 'Down' or natural fibres are not suitable for our UK maritime climate. Even 'Hydrophobic Down' will wet-out and compress very quickly in wet and windy conditions, rendering it useless.

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### Gloves and Mitts

Any gloves or mitts will get wet eventually. Making gloves waterproof is very difficult.

Mitts are warmer than gloves, but less dexterous.

Gloves are never properly waterproof but a pair of waterproof 'overmitts' will be much better.

Best combo is a good thin pair of thermal gloves worn under a pair of waterproof over mitts.

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### Base Layers

A thin 'wicking' / thermal fabric worn next to the skin to transmit moisture (sweat or rain) away from the skin and into your mid layer(s)

A plethora of fabrics, styles and colours! Long sleeved, short sleeved, crew neck or zip neck. All have their advantages.

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### Warm Layers

This is the layer, or layers you wear over your base layer to provide some insulation and hence warmth.

Thin fleece or micropile works well - wicking moisture and keeping you feeling warm when it is damp.

## Kit Notes - Cont.

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### Mug

A good solid lightweight mug, rigid and non-collapsible is cheap, light and perfectly serviceable. Our checkpoint team or medics need to be able to serve you a warm drink without you burning your hands or theirs!

Collapsible 'concertina' mugs are NOT rigid mugs.

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### Compass

If all else fails and you phone Event Control or speak with our own Mountain Safety Team or even Mountain Rescue, you may be a subject of a 'talk down' eg, 'go South, SW,' or follow a simple bearing. Not knowing how to use it isn't an excuse

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### Survival Bag

A survival bag that you get into cut out 100% of windchill and any rain. A space blanket cannot do that.

Survival Blankets or Space Blankets are NOT acceptable.

A bag can be foil, plastic or made of a breathable fabric, often called a bivvy bag and intended for repeat use.

A group shelter ( for two or more people) works well also.

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### Headtorch

Headtorches and battery technology and life has developed and improved massively over the past decade or so.

You need to be sure that you have enough battery; and be prepared for any batteries, even a rechargeable battery to suddenly fail on you.

Carrying a set of spare batteries is good practice.

Carrying a spare mini-head torch is even better; it allows you to see to change the batteries in your main torch.

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### What about 'Hybrid Dynamic Performance' jackets?

Hybrid or dynamic jackets are confusing. They offer a good degree of wind resistance, excellent wicking and moisture transfer and therefore offer some good warmth and 'performance'.

They make excellent mid-layers, and even outer layers in windy dry weather, but tend to be thin or only partially insulated, so as to breathe well, and hence not a proper 'Insulated Jacket'

Get used to using them as a regular item as they give good windproofing and breathability.

Naturally, a separate windproof jacket or vest does that too and can be worn over any base or mid-layers.