



MINIMUM MANDATORY KIT LIST 2024

	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
RUC SAC OR RACE VEST OR BUMBAG TO CARRY ALL MANDATORY KIT	●	●	●	
RUNNING/WALKING SHOES SUITABLE FOR ROUGH TERRAIN	●	●	●	●
WATERPROOF JACKET WITH INTEGRATED HOOD AND TAPED SEAMS	●	●	●	●
WATERPROOF OVERSTROUSERS WITH TAPED SEAMS - ANKLE / KNEE ZIPS RECOMMENDED	●	●	●	
FULL LENGTH LEGWEAR RUNNING LEGGINGS OR WALKING TROUSERS	●	●	●	
BASE LAYER LONG SLEEVED THERMAL WICKING UPPER BODY COVER	●	●	●	
MID-LAYER MIDWEIGHT CLOSE FITTING FLEECE OR PILE - LONG SLEEVED.	●	●	●	
INSULATED JACKET OR GILET SYNTHETIC TYPE EG, 'PRIMALOFT', OR WOOL - BUT NOT DOWN	●	●	●	
WARM HAT OR TWO 'BUFFS	●	●	●	
GLOVES OR MITTS THIN THERMAL GLOVES AND WATERPROOF OVERMITTS RECOMMENDED	●	●	●	
HEAD TORCH WITH SPARE BATTERY OR SECOND HEAD TORCH	●	●	●	
SURVIVAL BAG OR GROUP SHELTER - FOIL, PLASTIC OR BREATHABLE - BUT NOT A BLANKET	●	●	●	
MAP AS SUPPLIED	●	●	●	
ROUTE NOTES AS SUPPLIED	●	●	●	
COMPASS BASEPLATE COMPASS - NOT ELECTRONIC OR A PHONE APP	●	●	●	
WHISTLE SIX SHORT BLASTS EVERY 60 SECS IS A FAIL-SAFE EMERGENCY SIGNAL	●	●	●	
WATER BOTTLE / HYDRATION BLADDER MINIMUM 500CC CAPACITY	●	●	●	●
FOOD AT LEAST 800 KCAL	●	●	●	
MUG MIN 300ML CAPACITY - FREE STANDING AND RIGID - SUITABLE FOR HOT LIQUIDS	●	●	●	
£20 CASH OFTEN VERY USEFUL	●	●	●	
SMALL FIRST AID KIT TO MANAGE BLISTERS, PLUS BANDAGE AND TAPE	●	●	●	
PHONE FULLY CHARGED - TURN OFF WIFI AND USE AIRPLANE MODE TO SAVE BATTERY	●	●	●	●



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HOT WEATHER KIT - IF MANDATED PRIOR TO REGISTRATION	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
ADDITIONAL ILTR LIQUID CARRYING CAPACITY	●	●	●	●
SUN HAT WIDE BRIMMED IS BEST NOT JUST A PEAKED CAP	●	●	●	●
SUN CREAM / SUNGLASS HOT SUNNY WEATHER	●	●	●	

ADVERSE WEATHER KIT - IF MANDATED PRIOR TO REGISTRATION	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
ADDITIONAL INSULATED JACKET LONG SLEEVED	●	●	●	
SECOND PAIR OF GLOVES OR MITTS	●	●	●	
ADDITIONAL WARM HAT	●	●	●	

RECOMMENDED ADDITIONAL KIT	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
RUNNING / WALKING POLES GET SOME TRAINING AND PRACTICE IN ADVANCE	●	●	●	
WINDPROOF JACKET / GILET VERY USEFUL AND BREATHES BETTER THAN ANY WATERPROOF WEAR YOUR WATERPROOF ONLY WHEN IT'S ACTUALLY RAINING !	●	●	●	●
GPS OPTIONAL	●	●		