

MINIMUM KIT LIST 2023

| | 13 VALLEYS ULTRA | 7 VALLEYS ULTRA | 5 VALLEYS ULTRA | 2 VALLEYS TRAIL |
|--|------------------|-----------------|-----------------|-----------------|
| RUNNING PACK TO CARRY MANDATORY KIT | ● | ● | ● | |
| WATERPROOF JACKET WITH INTEGRATED HOOD AND TAPED SEAMS | ● | ● | ● | ❄️ |
| FULL LEG COVER | ● | ● | ● | ❄️ |
| TAPED WATERPROOF TROUSERS | ● | ● | ● | ❄️ |
| INSULATED LAYER | ● | ● | ● | ❄️ |
| WARM LAYER (IE: FLEECE) | ● | ● | ● | ☀️ |
| WARM HAT OR 2 BUFFS | ● | ● | ● | ❄️ |
| GLOVES | ● | ● | ● | ❄️ |
| WATER (1 LITRE MIN.) | ● | ● | ● | ☀️ |
| FOOD (AT LEAST 800 KCAL) | ● | ● | ● | ● |
| CUP (NEEDS TO BE ABLE TO STAND) | ● | ● | ● | |
| BOWL (FOR USE AT FEED STATIONS WHICH CAN TAKE HOT FOOD) | ● | ● | | |
| SPORK (FOR USE AT FEED STATIONS) | ● | ● | | |
| PHONE WITH SUFFICIENT BATTERY | ● | ● | ● | ● |
| HEAD LAMP (ONE MAIN HEADLAMP WITH SPARE BATTERY + 1 ADDITIONAL SPARE HEADLAMP.) | ● | ● | ● | |
| SURVIVAL BAG | ● | ● | ● | |
| SMALL FIRST AID KIT INCLUDING: BANDAGE PLASTERS | ● | ● | ● | |
| ID (PASSEPORT OR ID CARD) | ● | ● | ● | ● |
| £20 CASH | ● | ● | ● | |
| MAP (SUPPLIED) | ● | ● | ● | ● |
| ROUTE NOTES (SUPPLIED) | ● | ● | | |
| RUNNING SHOES SUITABLE FOR ROUGH TERRAIN | ● | ● | ● | ● |






MINIMUM KIT LIST 2023











13 VALLEYS
ULTRA

7 VALLEYS
ULTRA

5 VALLEYS
ULTRA

2 VALLEYS
TRAIL

| RECOMMENDED KIT | | | | |
|------------------|--|--|---|---|
| SUN CREAM | | |  |  |
| SUNGLASSES | | |  |  |
| WINDPROOF JACKET | | | |  |
| RUNNING POLES | | | | |
| GPS WATCH | | | | |

| COLD WEATHER KIT (MANDATORY IF INSTRUCTED) | | | | |
|--|---|---|---|---|
| ADDITIONAL WARM SECOND LAYER |  |  |  | |
| 3RD WARM LAYER |  |  |  | |
| HOT WEATHER KIT (MANDATORY IF INSTRUCTED) | | | | |
| ADDITIONAL 1 LITRE WATER |  |  |  |  |

BE AWARE THAT WE WILL CHECK YOUR KIT AT REGISTRATION. THERE WILL ALSO BE KIT CHECK FOR THE FIRST FINISHERS. IF YOU'RE NOT IN POSSESSION OF THE RIGHT KIT THIS WILL LEAD TO DISQUALIFICATION.