

WHAT TO BRING KIT LIST

'There is no such thing as bad weather, just inappropriate clothing.' There is nowhere where this rings truer than England so you need to be prepared for anything from hot sun to torrential rain. Ensure you keep checking the weather as this will affect your packing.

All participants staying overnight at the basecamp will be allocated a one-man tent. Due to COVID-19, for hygiene reasons we are also asking that you bring your own camping mat this year.

CARRY ON ROUTE	OVERNIGHT BASECAMP Max weight: 10kg	FINISH LINE BAG Max weight: 5kg	MEDICAL KIT LIST
Face mask	Sleeping bag	Warm top	Regular medication
Hand sanitiser	Camping mat	Spare change of clothes	Fabric plasters and/or tape
Medical kit	Waterproof kit bag (or bin liner/dry bags)		Scissors to cut tape
Reusable cup/mug	Towel		Vaseline
Sun cream	Spare change of clothes		Blister treatment kit
Waterproof jacket	Spare shoes (flip flops/crocs)		Alcohol gel (for cleaning wounds)
Full charged mobile phone*	Travel pillow		Painkillers (never exceed max dose)
At least 750ml water	Eye mask		
Your favourite trail snack	Ear plugs		
Head torch & spare batteries	PJ's		
Emergency cash or credit/debit card	Wash bag & toiletries		

*Save your emergency contact number under "NOK" / "ICE"