TIDE RUNNER

Running Kit List

The running kit list is designed to keep you safe during the trail running legs, where you will be covering exposed coastal paths potentially at night and in a range of weather conditions.

Marshals will perform a spot check of the kit list before the start of each of the running legs (this is done during the 'dead-time' so does not contribute to your overall race time.

The following kit must be carried by each runner, except for the GPS tracker which is one per pair.

- GPS tracker (one per pair, provided by race organisers)
- Headtorch with > 400 lumens and > 4 hours battery life, fully charged
- Mobile phone, fully charged (for use as an emergency light or to contact Race Control or the emergency services)
- GPS navigation device to follow the running route, fully charged (GPS watch, mobile phone, handheld GPS device)
- Appropriate shoes for trail running
- Water, minimum 500ml
- Emergency food
- Personal medication
- Emergency blanket
- Small first aid kit (at minimum 1 x compression bandage)
- Whistle
- Appropriate clothing as specified by the Race Committee during the race briefing (one day before the race), which will depend on the weather conditions and could potentially include:
    - Waterproof jacket (with taped seams)
    - Waterproof trousers (with taped seams)
    - Additional warm layer
    - Hat