**Foot sections**

* Trail running footwear
* Trail running apparel – shorts, technical wicking tee/ base layer, long-sleeved wicking layer, mid-layer (e.g. microfleece)
* Recommended: Running tights
* Windproof and/ or waterproof upper body and leg cover – [BUY HERE](https://ratracestore.com/collections/waterproofs)
* Buff or similar neck gaiter
* Spare base and mid layers
* Socks
* Blister care kit (see details below)
* 1 person bivvy bag (not survival blanket, must be a bag) – [BUY HERE](https://ratracestore.com/products/emergency-bivvy)
* Personal First Aid kit – (see detail below)
* Running day pack to carry spare clothing, bivvy bag, first aid kit, spare food. Recommend 15 – 30l – [[[BUY HERE](https://ratracestore.com/collections/multi-sport-bags)](https://ratracestore.com/collections/hydration)](https://ratracestore.com/collections/multi-sport-bags)
* Hydration system for pack – either bladder or bottle to be secured to pack. Minimum of 2l carrying capacity at all times – [BUY HERE](https://ratracestore.com/collections/hydration)
* Cap or wide-brimmed sun hat
* Recommended: Trekking poles

**Bike Stages**

* Bike: Mountain bike, hybrid or cyclocross
* Bike box or bag (box recommended), if transporting your own bike
* Water bottles: Recommended 2 x 750ml bottles
* Tools – to comprise a minimum of: Cycling multitool, pedal spanner and chain link removal tool
* Puncture repair kit (or slime if you are using that)
* Your own pedals
* Cycling footwear
* Cycling gloves. Recommended: Spare pair of full-finger length gloves in case of wet/ windy weather
* Full length upper body and leg cover suitable for cycling
* Cycle helmet
* Wind/ waterproof upper garment
* Spare cycling clothing in case you get drenched
* Socks
* Recommended: Pair of overshoes/ booties ​

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**General**

* Casual clothing for use in evenings and transit stages – no formal wear required
* General trekking trousers and robust outdoor footwear, given the type of destination
* Insulated Jacket,
* hat and gloves
* Towel – travel micro towel or full-size
* Personal toiletries including any personal medication required
* Ear plugs and Eye mask
* Recommended: Multitool or penknife
* Recommended:  Reading material
* Power bank for mobile phone and charge cables
* International plug adaptor,
* Overnight bag: Such as a duffel or rucksack

**Camping Equipment.**

* Sleeping Bag – with a comfort rating of -5°C or 23°F
* Inflatable or foam sleeping mat – R value of >3
* Headtorch and spare batteries

**PERSONAL MED KIT**

Our minimum spec for mandatory medical kit (to be always carried) is as follows:

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* Roller bandage
* Gauze or similar absorbent dressing
* Steri-Strips
* Antiseptic (spray or cream)
* Assorted plasters
* Rubber gloves
* Paracetamol (Not Ibuprofen)
* Prescribed medication

**BLISTER KIT**

Our mandatory Blister kit spec is Compered (or similar adhesive blister dressings).

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If you wish to pack our enhanced recommended kit, we advise the following:

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* Small dry bag to contain:
* Zinc oxide tape
* Self-adhesive dressing tape (e.g. Mefix)
* Small moleskin patch
* Scissors or penknife
* Compeed - various sizes
* Rubbing alcohol
* Benzoin tincture or Iodine
* Pin to pop blisters
* Lighter to sterilise pin
* Lube stick (to prevent blisters by lubing feet pre-run, particularly at possible hotspot pressure points)

**IF THERE ARE ANY CHANGES FOR THE EVENT THIS WILL BE COMMUNICATED IN THE PRE-EVENT DOCUMENTATION**

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Carrying this kit is a requirement of the Event and forms part of our planning in ensuring reasonable measures are put in place to keep you safe should anything go wrong during this adventurous endeavour. We ask you not to take short cuts or ‘second guess’ our advice. For instance, the carrying of waterproofs is required even if rain or snow is not forecast as a means to prevent cooling down too fast if you get injured in a location that is very exposed to wind or extreme cold – remember you may be very tired and sweaty, and who says the forecast is always right? In the Arctic, being prepared is key. It is therefore important that you carry the mandatory kit at all times.

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The emergency kit is important for several reasons:

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1. It helps you to help yourself should you have a problem.
2. We are in this together and you may need to assist others if they have a problem.
3. In the case of an incident our Event Control and safety teams will make decisions based on the knowledge that you all have this equipment.
4. Carrying the kit is a requirement for everyone and hence provides an equal and fair challenge.
5. It is part of our risk assessment process that is shared with insurers. Your insurance may be invalid if you do not follow our advice.
6. If your lack of kit preparation contributes to making an incident more serious, then you may be avoidably drawing resources from our medical team and the emergency services at the expense of others.
7. Without the kit you will be unable to complete registration. If during the race you are not carrying the mandatory kit then you will be disqualified and deemed to have not completed the challenge.