



## HEBRIDES TIP TO TOE 2024 MANDATORY KIT LIST

### What's the weather like?

September in the Isles can be chilly, mild, can be wet, can be dry, can be windy, might be sunny. Anything goes. But even if the air is dry, the ground is likely to be wet.

### Sun protection

Protection from the Sun is important even if it's not the sunniest of places or times of year. Being outside for this long will take its toll. So sunglasses with good UV protection are a must, as is sun cream. We would always recommend factor 50 as you simply need to apply it less often. You are outside for a good long time after all. Try and get a sweat-resistant brand.

### Wet weather gear

Water from the Heavens could be a solid (er, liquid) feature of this trip. Waterproof everything (except run footwear\*) will be required. Aim to waterproof your whole body; tops, bottoms, head, feet, hands. For bike and run stages. \*Draining, fast drying footwear is better than Gore-Tex footwear for the run stages – as water is retained in these and does not drain. Of course, the foot stages are short on this trip.

### Night time gear

For the accommodation, we are indoors. Bedding should be provided. But either way, carrying your own sleeping bag is good practice on such trips and we would therefore insist you bring a sleeping bag. Bring a sleeping bag liner too as sometimes bunkhouses insist on these to be used in conjunction with their bedding.

Bring also a decent change of comfy casual clothes for night-time meals and a sleeping set, so you have a nice dry set of sleeping clothes to retire into at the end of each day. Dry clothes to change into will likely be a godsend on this trip.

### Nutrition

Some electrolyte tablets for water and other sports nutrition is recommended just to have in your packs, so that you are self-sufficient with items that work for you. We will have some

food and beverages from the vehicle support, but would ask that you provide your own sports nutrition as it's a fairly personal thing.

## **THE KIT LIST**

*Note: All items are mandatory, unless it says recommended, where they are, well, recommended!*

### **Trekking or trail running**

- Trail running/walking footwear or lightweight boots
- Daypack (Ultra running vest or a small backpack – between 10 and 20 litres) is fine
- Water carrying capacity minimum 1.5l (Bottles, soft flasks or bladder system are all fine – or a combo) Spare evening footwear, such as Crocs.
- Trail running/walking apparel – shorts, technical wicking tee/ base layer, long-sleeved wicking layer, mid-layer (e.g. microfleece)
- Waterproof upper body and leg cover
- Buff or similar neck gaiter, and sun hat/cap
- Spare base and mid layers
- Socks; consider neoprene and GoreTex, as well as warmer sport socks. Also consider a 2-sock system with a toed liner sock (e.g. ininji) and an outer, cooler trekking sock. We are told our own Rat Race Merino socks are pretty good, too!
- Blister care kit
- Personal bivvy bag
- First Aid kit
- Water bottle, and/or cup or Hydration system for rucksack
- Trekking poles (optional but recommended – the run stages are short but there are some steep sections)
- Headtorch, waterproof to IPX7 standard, minimum 150 lumens + spare batteries or second headtorch.
- GPS device or smartphone

### **Bike Stages**

- Road bike or cyclocross bike (your own or hired)
- Bike shoes and cleats (optional – hire bikes will be provided with flats but you may substitute with cleats as required)
- Cycling jersey
- Cycling shorts
- Cycling gloves
- Cycling waterproofs inc (recommended) booties
- Water carrying capacity minimum 1.5l (as with foot sections – bottles, soft flasks or bladder systems are all fine – or a combo)
- Bike handpump. We will carry a track-pump with us on each support vehicle.
- Bike multitool
- Bike puncture repair kit – to include spare inner tubes, slime (if you use it) or spare CO2 canisters
- Handlebar Mount for a smartphone or GPS device (so you can view the route when sat on your bike)
- Front and rear bike lights

- Some form of hi-vis top/patches for road cycling
- Basic bike spares and tools to include: spare chain, brake pads, inner tubes, spare tyre
- Puncture repair kit (or tyre repair kit if tubeless)
- Pump/CO2 canisters
- Small toolkit, inc multi-tool
- Chain tool
- Tyre levers

Bikes must be fully serviced prior to the event and any work parts replaced as access to specific spares is very limited on the islands.

### **Water stages - kayak**

- Buoyancy aid, paddle and kayak will be provided
- You should dress in waterproofs and technical wicking undergarments. These can be the same ones you have used on the run or ride stages. Please remember you will be sitting stationary and WILL get wet. Avoid cotton and use technical wicking fabrics
- If you do have kayaking gear, such as a cag or over-trousers, then please do bring these
- Sandals, boat shoes or any permeable trainers
- Gloves suitable for paddling – cycle gloves and neoprene gloves are good for this – Optional
- A dry bag and/or waterproof rucksack liner (or a selection of small and larger ones) will be essential to stow gear and food inside your kayak gear stowage chambers; to ensure it does not get wet.

The kayak stages are not huge but they are exciting and committing sea legs and could be subject to swells and fairly 'robust' weather (!). They are also at the start of each day, after which you have long outings on the bike.

Bottom line on the kayak legs: Try and wear quick-drying gear or stuff you can get wet and then discard and change into other clothes once you land. There will always be the option to access your support bag after these sections of course.

### **Night time gear**

- Sleeping bag
- Sleeping liner
- Small travel pillow (or stuff clothes in a drybag)
- Ear buds if you are a light sleeper
- Toiletries

### **General**

- Casual clothing for use in evenings and transit stages – you will be able to leave a 'second bag' in the support vehicle so you have warm/ spare/ casual/ dry clothes available when we interact with the support vehicle, so you do not need to carry this with you the whole time – see below where we reference the 'vehicle bag'
- General 'secondary' bag (holdall, duffel) for spare kit. Please go for a MAXIMUM size of around 60 litres and no more than approx 15kg pls. We do have 2 vehicles and don't have unlimited carrying capacity

- General trekking trousers and robust outdoor footwear are recommended just given the type of trip we are on
- Towel – travel micro towel or full-size
- Bandana, Buff or similar
- Personal toiletries including any personal medication required
- Multitool or penknife
- Reading material
- Smart Phone
- Power bank for mobile phone
- Charging cables for phone and other personal devices

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

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 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 – remember you may be very tired and sweaty, and who says the forecast is always right?

The emergency kit is important for several reasons:

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.

## **GPS**

We intend for you to follow 'the line' on a GPS-enabled device – this can be your own or you can rent one from us. Our suggestion here is a mobile smartphone with the Viewranger App loaded onto it and the GPX files attached uploaded onto it (or any other App that can open GPX files). You can mount this on your bike and you can use it on foot. OR use a Garmin Edge bike nav computer and a GPS-nav-enabled watch, such as the Garmin Fenix 4 or 5.

Reality is, the route-finding on this one is not very hard at all with the suite of resources we will be deploying. So don't worry about it too much. But having the GPS with you and following 'the line' is always handy and will give you a sense of progress along our route anyway.