



SANTORINI CIRCUIT 2024 – MANDATORY KIT LIST

General advice on heat

The heat of the day as it warms up can be fierce, so a wide-brimmed sunhat, sun-cream and lightweight and breathable fabrics (ideally with SPF protection) should be used. On the kayak stages, you will receive reflected rays from the water, so thorough application of waterproof sun-cream and hat selection is very important. As the sun comes up, sunglasses with at least Cat 3 protection are required. There is not a massive level of shade on Santorini given its fairly barren rocky topography. So as the day heats up, we will be exposed more to the relentless Aegean sun.

The beauty of the support afforded by the vehicles is that we can interact with you many times on the route. So whilst we require you to take a lot of water with you at all times (and always leave a pit stop with full supplies), we can also re-supply you often.

Do not underestimate how much the heat will take out of you. Even if you think you are going well earlier on, as soon as that sun comes up, it'll start sapping energy. You really do want to ensure you have max sun protection and keep taking on fluids and salts.

For your feet, we would advise trail running footwear for trek and run attempts. You do not need a very aggressive chunky sole however. If you want to switch footwear between Thirassia and Santorini (as you may have got wet feet in the boats on the kayak legs prior to the 'big' Santorini foot leg), you will be able to. We will provide access access to transition bags between the final kayak stage and the long run/ trek stage. See below on the likely transitions and bags required for these.

THE KIT LIST

Here's a rundown. We may revise this nearer the time but this should give you a good idea at this stage.

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

Running or trekking

- Trail running footwear
- Shorts x2
- T-shirt x2
- Ultra vest or small daypack
- CAT 3 sunglasses
- Bladder or bottles/ soft flasks (aim to be able to carry a MINIMUM of 1.5l)
- Hat – cap or wide brimmed are fine
- Socks x
- Buff or similar neck gaiter
- Blister care kit
- Scooby snacks of choice*
- Either a GPS watch or Smartphone capable of following a GPX file (phone with Outdoor Active App is recommended – see section on 'route finding' below) OR a GPS watch for following the route. In all cases, participants must carry a Smartphone (so if using a watch for following the route, you must also have a Smartphone in your kit)
- Power pack and cable for recharging phone, in waterproof bag (ziplock or dry bag)
- Headtorch, waterproof to IPX5 standard, minimum 150 lumens + spare batteries or second headtorch
- Salt tablets and dissolvable electrolytes for water. Please bring salt tablets and some electrolyte mix for drinks. You will 100% need these on this trip and they are MANDATORY
- First Aid kit (small personal kit – see below for minimum requirements)
- Trekking poles – totally optional
- Dry bag or small zip lock bags: Very useful for general gear storage/ organisation/ protection – especially on the kayak but also in general for your day pack (zip locks are also good for doing your business and disposing of the toilet paper if caught short)

* Whilst the Pit Stop vehicles will be stocked up with yummy things, including drinks and sweet/ savoury snacks, sports nutrition can be a very personal thing so we would advise that, regardless of our Pit Stop service, you pack items that you know work for you out on the trail.

Personal Med Kit

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

- 1 x triangular bandage
- 1 x crepe roll bandage
- Gauze or similar absorbent dressing
- Small set of scissors
- Pain Killers (paracetamol)
- Antiseptic (spray or cream)
- Assorted plasters
- Rubber gloves
- Prescribed medication
- Zinc oxide tape
- Compeed – various sizes

Kayak

- Hat
- Wicking Top
- Sunglasses
- Running Shorts
- Shoes you don't mind getting wet (water shoes/spare trainers or sandals)
- Swimming Shorts / Bikini
- Kayak, paddle and buoyancy aid will be provided.
- One set of clothes for kayaking as suggested above. Swimming shorts/costume/bikini and a T-shirt would be adequate OR you could wear running kit, it will get wet but you are then able to jump out of the kayak and run Thirassia by just changing shoes.

Our advice at this stage is to paddle in comfortable wicking garments; a second set of run kit would be fine. You will be completing 2 x kayak leg and a run/ trek leg between these, so clothing that is comfortable in the boat and on land is suggested.

You WILL need a full change of run clothes for Thira (Main Santorini island). This is so you start the longer run dry and with clothes that are fresh to avoid chaffing from the salt water.

- 20/30L drybag will be useful to collate your bits n' bobs into, plus your run pack for the run stage on Thirassia that you can put IN your dry bag. Definitely ensure that you have some water-resistant sun-cream and a wide-brimmed hat for these stages. We will be starting the kayak at dawn, but it is likely that it will get hot, quick.
- Water-resistant sunscreen.

Overnights

- Personal toiletries and medication
- Towels will be provided in the a/c but we would recommend bringing one as it will be useful on the challenge itself and in transitions, most likely

General

- Casual clothing for use in evenings at hotels and transit stages
- General 'overnight' bag (holdall, duffel) for spare kit – pls don't bring a hard suitcase – ensure all bags are soft (much easier for managing in vehicles)
- Towel – travel micro towel or full-size
- Power bank for mobile phone and/ or GPS unit
- International plug adaptor
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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 and Medical 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.