

100 MILER



MANDATORY GEAR LIST

All athletes (including Pacers) must carry the following mandatory gear at all times during the race. **No mandatory gear = no start!**

- Headlamp** – plus either: one set of spare new batteries, a second headlamp or a portable USB charger
- Thermal layer for torso** – long sleeved top made from quick-drying thermal fabric such as wool/polypropylene/merino. Cotton, coolmax, lycra and compression garments are not acceptable
- Thermal layer for legs** – long leggings made from quick-drying thermal fabric such as wool/polypropylene/merino. Cotton, coolmax, lycra and compression garments are not acceptable
- Thermal hat** – made from wool/ polypropylene/merino (Buffs are accepted but must meet thermal requirements)
- Thermal gloves** – made from wool/ polypropylene/merino
- Waterproof jacket** – MUST be seam-sealed/taped and have a hood (example [here](#))
- Survival/bivvy bag*** – not a survival blanket
- Self-adhesive bandage** – at least 2m long and 40mm wide
- Mobile phone** – charged and in a waterproof container or a zip lock bag
- Water bottle/collapsible cup/hydration vest or bag**

* the survival bag must be sealed everywhere except the top opening (i.e it is a bag, not a blanket) – it must be large enough for you to climb into and pull tight around your shoulders – if it is a single-use bag (most foil survival bags are single use), then it must be in new condition.