

# WHAT TO BRING KIT LIST

*'There is no such thing as bad weather, just inappropriate clothing.'* There is nowhere where this rings truer than England so you need to be prepared for anything from hot sun to torrential rain. Ensure you keep checking the weather as this will affect your packing.

CARRY ON ROUTE	CAMPING	MEDICAL KIT LIST
Running kit and trainers	Tent	Regular medication
Reusable cup/mug	Sleeping bag	Fabric plasters and/or tape
Suncream	Camping mat	Scissors to cut tape
Waterproof jacket	Towel	Vaseline
Fully charged mobile phone**	Warm clothes	Blister treatment kit
At least 750ml of water	Beanie	Alcohol gel (for cleaning wounds)
Head torch and batteries- compulsory after 8pm	Spare clothes and socks	Painkillers (never exceed max dose)
Cash/Credit card	Waterproofs	Wet wipes
Favourite running snack	Travel Pillow	Hand sanitiser
	Ear plugs/eye mask	Face mask/ covering*
	PJ's	
	Wash kit and toiletries	
	Flip flops or crocs	
	Food, cooking equipment, crockery, cutlery***	

\*In case compulsory at time of the event

\*\*Save your emergency contact number under "NOK" / "ICE"

\*\*\*Unless purchasing food onsite at the event