

# THE WILD

## MANDATORY GEAR LIST

20 MILE

TO BE CARRIED AT ALL TIMES DURING THE 20 MILE EVENT

### CORE KIT – PROVIDED BY COMPETITORS:

- 2 x thermal tops, at least one of which should be long-sleeved
- 1 x thermal leggings
- 1 x seam-sealed waterproof pants
- 1 x thermal beanie NB Buffs are insufficient.
- 1 x thermal gloves
- 1 x Seam-sealed waterproof jacket with hood
- 1 x Survival bag (NOT blanket)
- 1 x mobile phone
- 1 x first aid kit (detail TBC)
- 1 x whistle
- Drink bladder or bottles – minimum capacity 2 litres
- 1 x Ziplock bag for rubbish

### CORE KIT – PROVIDED BY ORGANISERS:

- Course maps on waterproof paper
- 1 x race number