

2017 HUBERT

ALL EVENTS

MANDATORY ITEMS

- CAPACITY TO CARRY TWO LITRES OF FLUID (water bladder and/or water bottles acceptable)
- 1 x BEANIE (can be left in a drop bag)(**100mile/100km events only**)
- 1 X RUNNING GLOVES (for warmth, must be fleece or similar – can be left in a drop bag)(**100mile/100km events only**)
- 1 x MOBILE PHONE PROGRAMMED WITH RACE ORGANISER'S NUMBER (Ben 0447 550 010)
- 1 X COMPASS (watch compass not acceptable)
- 1 x WHISTLE
- 1 X EMERGENCY SPACE BLANKET
- 1 X COMPRESSION BANDAGE (minimum 10cm wide x 2m long)
- 1 x ZIP LOCK BAG FOR PERSONAL RUBBISH
- 1 X RACE NUMBER (provided by organisers)
- 1 X PRINT OUT OF COURSE MAPS (**NOT** provided by organisers)

SUGGESTED ITEMS

- HEADLAMP
- BACKUP LIGHT
- GALILEO PRO APP FOR IPHONES AND ANDROID – SHOWS MAIN TRAILS WITHOUT NEEDING RECEPTION
- ENERGY FOOD
- BODY LUBRICANT
- SUNSCREEN
- CAP OR HAT
- SPARE SOCKS
- SPARE BATTERIES
- ADDITIONAL WARMER CLOTHING
- MORE SUBSTANTIAL FIRST AID KIT (eg includes sterile dressings, painkillers, etc)
- 1 X LONG SLEEVED THERMAL
- 1 X LONG LEGGED THERMAL