

# Fells Marathon Hike Kit List

The kit check is very strict on the Saturday Morning and your rucksack and each item will be checked in detail – YES, IT IS ALL TIPPED OUT - do not skimp, your safety depends on it.

## Personal Kit (You Must Carry All Items)

**Clothing - Base layer** / Underwear; **Middle layer** / Fleece Sweater; **Outer layer**/ Waterproof Jacket

**Spare clothing** – Complete change of clothes - Warm bottoms, warm top and socks

**Trousers** (No Jeans) - Cotton trousers are recommended

**Waterproof Trousers**

**Boots** - These are to be worn

**Gaiters** (Optional)

**Socks**

**Gloves**

**Hat**

**Rucksack** - Big enough to hold all the equipment required for the walk

**Torch and spare batteries** - Multi LED if possible - otherwise a spare lamp must be carried

**Bivvy-bag** - Plastic or Goretex

**Food and Drinks for Saturday Lunch** - This should consist of food that can be eaten on the move

**First-aid kit** - Must only contain items you are trained to use

\***Sleeping bag** (3-4 season min)

\***Sleeping mat**

\***Eating utensils**

**Pencil and paper**

**50 pence for phone**

**Water Bottle (Full)** - Minimum of 1 litre to be carried.

**Whistle** - for emergency use

**Hi visibility vest** (attached to ruck sack)

**Emergency rations** - High energy foods – not part of packed lunch or meals

These should only be eaten in an emergency and will be checked at the Event finish.

## Team Kit

**2 x maps for area covering the route**

**2 x compasses**

**2 x map cases (if maps are not laminated)**

\***Adequate tentage** - For all of the team to sleep in

**Emergency Shelter** - MANDATORY FOR FELLS LITE – Optional for other categories

\***Stove, fuel, matches or lighter** - Enough fuel to cook meals and drinks on Saturday Evening / Sunday Morning

\***Pan(s)** - To cook food and make hot drinks

**2x watches** - Watches are necessary for navigation

**1x mobile phone** - This should be brought in a water proof bag / case

\***Food for Saturday evening meal** - Dried food is lightest, look for high calorie content

\***Food for Sunday Breakfast** - Instant porridge (just add water) and breakfast bars are a good choice.

\***Hot drinks for evening and breakfast** - Hot chocolate, coffee, tea etc

*\*Fells Lite Transported Kit*