



THE KIT LIST

Some of the kit listed is to help you have a safe experience and have the best chance of finishing. Some of this kit is to ensure that if you are unable to continue without our assistance then we can be confident of you having the level of equipment required to keep you as comfortable as possible whilst you wait for that assistance. Some of it is simply to keep you from perishing. It is a serious list and we know everyone knows this, but we ask that you please do work with us on this. Please do not skimp on kit. Spare sets of kit will be worn.

Note: All items are mandatory, unless it says recommended, where they are, well, recommended!

GENERAL

- Shorts
- Trousers/leggings
- T-shirt (wicking)
- Long sleeved top/shirt
- Campsite trousers
- Campsite t-shirt
- Rash vest
- Underwear
- Swimwear

- Fleece/warm top
- Gloves for paddling
- Sun hat
- Water shoes/trainers
- Walking sandals
- Drinking bottle/s
- Electrolytes and/or salt tablets

PERSONAL KIT

- Passport
- Photocopies of passport and documents
- Wallet
- Mobile phone
- Headtorch and spare batteries
- Book/games
- Reef friendly sunscreen
- Sunglasses CAT 3
- Lipsalve with SPF
- Personal first aid kit
- Personal medication
- Dry bags (multiple small bags)
- Loo roll in a ziplock bag
- Travel towel
- Toothbrush
- Toothpaste
- Wet wipes (packet)
- Hand sanitiser
- Nappy bags
- Moisturiser
- Blow up cushion
- Sea sickness tablets

CAMPING GEAR

- Sleeping bag (2 season)
- Inflatable sleeping mat
- Hammock (optional)

PERSONAL MEDICAL KIT

- 1 x triangular bandage
- 1 x crepe roll bandage
- Gauze or similar absorbent dressing
- Small set of scissors
- Pain Killers (paracetamol)
- Steri-Strips
- Antiseptic (spray or cream)
- Assorted plasters

- Rubber gloves
- Prescribed medication
- Zinc oxide tape
- Compeed – various sizes
- Lube stick
- Sudacrem

FOOD

- Snack for 7 days
- 1 x Dehydrated Expedition Breakfast
- 1 x Dehydrated Expedition Dinner
- 3 x Lunch items (for first 3 days kayaking)

RAT RACE STORE

As a #RatRacer you now have a **15% discount** in our store so you can get kitted out with lots of the above. Use the code **RATRACE15** to save 15% on full priced kit only, excludes event specific merchandise and bundles. [ratracestore.com](https://www.ratracestore.com)