

Sea to Summit: Ben Nevis Mandatory Kit List

The background of the entire page features a topographic map. The upper half is a solid dark teal color, while the lower half is white. The topographic lines, representing contour lines of a mountain, are white on the teal background and teal on the white background.

The countdown is on!

Time to get kitted out...

Taking on Sea to Summit: Ben Nevis is no small feat and you need to ensure you are fully prepared and kitted up for the ascending adventure from the Scottish shores to the highest point in the United Kingdom!

The weather in the Scotland is notoriously unpredictable all year round. Clear skies can quickly turn into heavy rain, strong winds, and low visibility. Temperatures can drop significantly at higher altitudes, and underfoot conditions may include slippery rock, bog, or loose scree.

The mandatory kit requirements are in place not only to give you the best chance of taking on the adventure but ultimately for your safety. Should you be unable to continue the event and require assistance, the correct equipment will help ensure you remain as safe, warm and dry as possible while waiting for help. This is particularly critical in remote or exposed areas where delays in reaching you may be unavoidable.

Spot checks will be carried out on the start line and throughout the event at pitstops Any #ratracer found without the mandatory kit will not be permitted to continue. These rules are non-negotiable.

Please review the full kit list carefully and ensure you carry every item. Your preparation could make all the difference, not just for finishing the challenge but for staying safe while doing so.

You MUST carry the mandatory kit for the following reasons:

1. It helps you to help yourself should you have a problem.
2. We are in this together and you may need to assist others if they have a problem.
3. In the case of an incident our Race Control and Medical teams will make decisions based on the knowledge that you all have this equipment.
4. Carrying the kit is a requirement for everyone and hence provides an equal and fair challenge.
5. It is part of our risk assessment process that is shared with insurers. Your insurance may be invalid if you do not follow our advice.
6. If your lack of kit preparation contributes to making an incident more serious, then you may be avoidably drawing resources from our medical team and the emergency services at the expense of others.
7. If during the event you are not carrying the mandatory kit then you will not be permitted to continue.

Clothing

Item	Guidance
Trail Running Shoes	Standard road running shoes are not suitable for this event. Trail running shoes are required to provide better traction, grip and support on the mountainous terrain.
Running Pack/Vest (or other appropriate method of carrying your kit)	This can be a pack/vest/rucksack/belt etc but you must have the capacity to carry the full mandatory kit and water carrying capacity. We recommend our Great Glen bag that is tried and tested! BUY HERE
Hydration Bladder or Bottles (capacity of at least 1L)	We will increase this to 2L if the forecast is hot and dry, this will be confirmed in the week leading up to the event. You must fill these prior to departing every pitstop and before the start. BUY HERE
Waterproof Jacket with TAPED OR WELDED SEAMS	This must have taped or welded seams as a minimum standard. A jacket without taped seams may be ok for a light shower in town but it won't hold up in sustained conditions that are common on Ben Nevis. Taped or welded seams are a standard requirement in outdoor kit for mountain environments. Without taped seams, water will eventually find its way through the stitching and soak your layers underneath. Once you're wet, your body loses heat rapidly, increasing the risk of hypothermia especially if you have to stop or wait for assistance which is why it's a non-negotiable item on the mandatory kit list. BUY HERE
Waterproof leg cover with TAPED OR WELDED SEAMS	This requirement follows the same guidance as above. Please note the waterproof trousers are in addition to the full leg cover. BUY HERE
Full Leg Cover	These can be leggings or similar. These can be the ones you are running in if you begin the event wearing them. If you begin the event in shorts, you will need the full leg covers in your pack.
Thermal Mid Layer	This is an insulating layer (not a base layer). It could be merino or synthetic similar e.g. a warm mid layer style top/jumper/fleece style garment designed to keep you warm over a t-shirt or base layer. BUY HERE
Hat or Buff/Rat Rag	You will receive a Rat Rag when you collect your tracker or you can BUY HERE
Gloves	These should be warm gloves, temperatures particularly at the summit can plummet. BUY HERE

Equipment

Item	Guidance
Survival Bag (NOT Blanket)	A survival blanket or foil blanket is not permitted, it <u>must</u> be a bag you are capable of getting inside. This will help you retain body heat and stay sheltered from the elements in an emergency in exposed conditions. <u>BUY HERE</u>
Whistle	Required for attracting attention should you get into an difficulties during the event and need to alert others to your location. <u>BUY HERE</u>
Reusable Cup	This should be suitable for hot drinks at Pit Stops. <u>BUY HERE</u>
Snacks or Sports Nutrition (totalling a minimum of 400kcal)	You need to have snacks totalling 400 calories in reserve at all times. This should be separate from any snacks you plan on fuelling with for the event/any nutrition strategy you have. This is an additional emergency supply. <u>SHOP NUTRITION HERE</u>
Basic First Aid Kit	This should contain <i>at least:</i> • a roller bandage • paracetamol • assorted adhesive dressings • sterile absorbent materials such as gauze to compress bleeding wounds <u>BUY HERE</u>
Fully Charged Phone	This must be turned on and not in silent mode so you are contactable by the Race Team if needed. The event emergency contact numbers (Race Director & Medical Team) will be printed on the reverse of your bib number. Add these to your phone contacts.
Headtorch (+ spare batteries or back up light source)	It is possible you will finish this event at dusk when the light/visibility will be fading. Even if you are planning on completing the event well before this time, you must carry a headtorch in case <u>BUY HERE</u>
Method of payment (card/cash/apple pay)	Always good to keep handy, you never know when you may need it.
GPS Tracker (picked up at Tracker Collection)	Your supporters will be able to track you during the event, please see the important guidance issued in the EEI regarding the GPS trackers and their reporting.

Additions

It may be necessary to make extra items of kit mandatory owing to weather forecasts closer to the event. Where this is necessary, it will be communicated by email prior to the event. Additions may include but are not limited to the following:

- Electrolytes & additional water carrying capacity
- Sunscreen
- Additional warm layers

Recommended Kit

This kit is not mandatory but more 'common sense' additions that we recommend to give you the very best chance of reaching that bridge at the end and completing your ultramarathon!

- **Suncream/sunglasses**
- **Blister treatment kit** - our paramedics will prioritise live cases and they are not a foot care service, we recommend that you know how to treat your feet if hot spots and blisters do occur and that you are self-contained. [BUY HERE](#)
- **Anti-chafe lubricant**
- **Spare socks**
- **Trekking poles** – totally optional but helpful if you are a walker. [BUY HERE.](#)
- **Headphones** - when the going gets tough the tough listen to music! Please ensure these are not noise cancelling and that you can hear the traffic and people around you.