

Shetland: Tip to Toe

Mandatory Kit List

The background of the lower half of the page features a topographic map design. The upper portion of this section is dark teal with white contour lines, while the lower portion is white with dark teal contour lines.

The countdown is on!

Time to get kitted out...

General Kit

- ☐ Ultra Running rucksack/hiking backpack or other appropriate method of carrying your kit. [**BUY HERE**](#)
- ☐ Hydration Bladder or Bottle(s) with a minimum of 2 litre capacity. [**BUY HERE**](#)
- ☐ Light trail Running Shoes: i.e. running shoes with some grip
- ☐ Full waterproof body cover i.e. long sleeve jacket or top and full-length trousers. Both must be waterproof. These must have TAPED SEAMS as a minimum standard. [**BUY HERE**](#)
- ☐ Hat suitable to the conditions (a Rat Rag is OK). Waterproof recommended. – [**BUY HERE**](#)
- ☐ Gloves (lightweight running gloves are OK). Waterproof recommended. – [**BUY HERE**](#)
- ☐ Snacks (Min 1000kcal per day) – [**BUY HERE**](#)
- ☐ Survival bag - [**BUY HERE**](#)
- ☐ Whistle - [**BUY HERE**](#)
- ☐ GPS tracker - given to you at the event briefing. This should be put in the lid/outer pocket of your rucksack. Remember this must be returned at the end of the event.
- ☐ Reusable cup for hot and cold drinks - [**BUY HERE**](#)
- ☐ Hand sanitiser
- ☐ GPS device
- ☐ Mobile phone and means of keeping it dry (e.g. small drybag or waterproof phone cover/ pouch)
- ☐ Power bank for mobile phone
- ☐ Casual clothing for use in evenings – no formal wear required
- ☐ Personal toiletries including any personal medication required

Personal Medical Kit

- ☐ 1 x triangular bandage
- ☐ 1 x crepe roll bandage
- ☐ Gauze or similar absorbent dressing
- ☐ Small set of scissors
- ☐ Pain Killers (paracetamol or/and ibuprofen)
- ☐ Steri-Strips

- ☐ Antiseptic (spray or cream)
- ☐ Assorted plasters
- ☐ Rubber gloves
- ☐ Prescribed medication
- ☐ K-tape
- ☐ Compeed – various sizes
- ☐ Lube stick • Sudacrem

Recommended

- ☐ A quality roll top type rucksack/bag liner is good for keeping your kit dry. **[BUY HERE](#)**
- ☐ Technical Tee and/or a quality base layer.
- ☐ In foul weather, taking additional gloves, socks and a hat can be a help.
- ☐ Sun screen and sun glasses. We can hope 😊
- ☐ Blister treatment kit
- ☐ Running Poles: Highly recommended to assist with balance and leg fatigue across trackless, uneven, and steep gradients.
- ☐ Travel Towel & Sleep Comforts: Shared accommodation spaces mean a compact travel towel, earplugs, and a blindfold are excellent additions for a good night's sleep.