

Castle to Castle: Bamburgh to Edinburgh Mandatory Kit List

The countdown is on!

Time to get kitted out...

You don't need us to tell you that taking on 100 miles is no small feat and you must ensure you are fully prepared and kitted up for this epic!

The number one reason for #ratracers not reaching the finish line is because they get too cold. Do not let the fact is it July fool you, conditions can vary massively and especially when night falls and you are tired, it can get very cold.

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.

Spot checks will be carried out throughout the event. Any #ratracer found without the mandatory kit will not be permitted to continue. These rules are non-negotiable and are designed to protect both you and our event staff.

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 |
|----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Running Shoes or Walking Boots | The terrain along the route is predominantly trail from the start up until the 100km mark, then almost entirely road for the remainder of the course. |
| Running Pack/Vest (or other appropriate method of carrying your kit) | <p>The key thing for this is that it is big enough to get all the kit in and it is comfortable! We would recommend 10-20L capacity to make sure you've got the room. Any bigger, you are likely carrying too much.</p> <p>We recommend our Great Glen bag that is tried and tested! BUY HERE</p> |
| Hydration Bladder or Bottles (capacity of at least 2L) | A minimum 2L carrying capacity is required, 3L is recommended (i.e a 2L hydration bladder and 2 x 500ml soft flasks. Please arrive at the start with all of your water bottles/reservoirs etc full of water, there is not a water fill up point at the start. BUY HERE |
| Waterproof Jacket with TAPED OR WELDED SEAMS | <p>This must have taped or welded seams as a minimum standard.</p> <p>A jacket without taped seams may be ok for a light shower but it won't hold up in sustained conditions.</p> <p>Taped or welded seams are a standard requirement in outdoor kit. 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</p> |
| 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. |
| Hat or Buff/Rat Rag | You will receive a Rat Rag when you collect your tracker or you can BUY HERE |
| Gloves | You'd be surprised how cold those July nights can be! BUY HERE |

Equipment

| Item | Guidance |
|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survival Bag (NOT Blanket) | A survival blanket or foil blanket is not permitted, it must 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, we will not provide cups are pitstops. <u>BUY HERE</u> |
| Snacks or Sports Nutrition (totalling a minimum of 1000kcal) | You need to have snacks totalling 1000 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 at least: <ul style="list-style-type: none">• A triangular or comfortable roller bandage• Gauze or gauze bandage• Paracetamol• Assorted adhesive dressings inc at least one 100 mm x 90mm. |
| Fully Charged Phone & Power Pack & Cable | This must be turned on and not in silent mode so you are contactable by the Race Team if needed. The power pack and cable must be able to charge your phone/watch. The event emergency contact numbers (Race Director & Medical Team) will be printed on the reverse of your bib number. |
| Headtorch (+ spare batteries or back up light source) | You must carry a headtorch at all times. <u>BUY HERE</u> |
| Method of payment (card/cash/apple pay) | Always good to keep handy, you never know when you may need it. |
| Rear Red Light or Reflective/hi-vis patch | This needs to be at least 10cm x 2cm as a minimum. It is important you are clearly visible from the front and the back so the public, crew, vehicles & other #ratracers etc can see you easily in the dark. |
| 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 Edinburgh!

- **Additional Warm layers** – As you know, a waterproof jacket, trousers and one warm layer is mandatory as a minimum. Depending on your pacing strategy and your susceptibility to the cold, it may be worth packing additional layers. This is particularly applicable to those planning on taking sleep breaks, as you're likely to feel very cold after resting and then dragging yourself back up and out to go again after a broken sleep! Based on our experience, the most common reason that people retire is that they get too cold. Regardless of the weather through the day, you are likely to feel cold at 2am when you're feeling tired. Make sure that you have a warm jacket that packs down small, it might be the piece of kit that helps you get to the finish. This is particularly prudent if you are planning to walk, the Test Pilots for this event who walked the whole thing in 46 hours in the height of summer with fantastic weather had down jackets on all through the night.
- **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.
- **Anti-chafe lubricant** - Apply liberally and everywhere...
- **Spare socks** – Have a pair in every drop bag just in case.
- **Running / Trekking poles** – These are totally optional, but they can be a huge help and they come highly recommended by us. Whether you are a runner, a walker, or somewhere between the two, and regardless of whether or not you have experience using poles right now, it is our advice that everyone should pack them. Poles can be extremely helpful in 'Plan A' situations, IE supporting you on the ascents, descents and helping with balance on any uneven ground, even when your body feels relatively fresh. **[Check our our blog post](#)** on the benefits of poles and technique pointers. Where poles can become a lifesaver is in Plan B situations. IE, if you were to become injured and you need the extra support, or even just to help counter the fatigue when your legs are the most exhausted they've ever been, and you may be nursing the onset of overuse injuries.

The point is, even if you don't use poles on a 'normal run or hike', remember, finding yourself 60 miles down with another 40 miles to go is not 'normal' for most people! You may discover a new found fondness for poles on a 100 miler...

- **Headphones** - when the going gets tough the tough, listen to music! Please ensure these are NOT noise cancelling and that you can hear the environment, traffic and people around you. Headphones should be switched off or removed when you are running on roads