

# Hebrides: Tip to Toe Mandatory Kit List

**The countdown is on!**

**Time to get kitted out...**

## Trekking & Trail Running Stage

- Daypack (Ultra running vest or a small backpack – between 10 and 20 litres) - [BUY HERE](#)
- Hydration Bladder or Bottle(s) with a minimum of 1.5 litre capacity. [BUY HERE](#)
- Trail running/walking footwear or lightweight boots
- Trail running/walking apparel – shorts, technical wicking tee/ base layer, long-sleeved wicking layer, mid-layer (e.g. microfleece)
- Spare base and mid layers
- 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).– [BUY HERE](#)
- Gloves (lightweight running gloves are OK). Waterproof recommended. – [BUY HERE](#)
- Socks - consider neoprene and GoreTex, as well as warmer sport socks. Also consider a 2-sock system with a toed liner sock (e.g. ininji) and an outer, cooler trekking sock. Our own Rat Race Merino socks are pretty good, too! – [BUY HERE](#)
- Headtorch - waterproof to IPX7 standard, minimum 150 lumens + spare batteries or second headtorch – [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

## Bike Stage

- A cyclocross is strongly recommended where possible, but a road bike is acceptable. Riders on road bikes should be aware that they may need to use the road alternative rather than some beach sections
- Bike shoes and cleats (optional – hire bikes will be provided with flats but you may substitute with cleats as required)
- Cycling jersey
- Cycling shorts
- Cycling gloves
- Cycling waterproofs inc (recommended) booties
- Water carrying capacity minimum 1.5l (as with foot sections – bottles, soft flasks or bladder systems are all fine – or a combo)
- Bike handpump. We will carry a track-pump with us on each support vehicle.
- Bike multitool
- Bike puncture repair kit – to include spare inner tubes, slime (if you use it) or spare CO2 canisters
- Handlebar Mount for a smartphone or GPS device (so you can view the route when sat on your bike)
- Front and rear bike lights
- Some form of hi-vis top/patches for road cycling
- Basic bike spares and tools to include: spare chain, brake pads, inner tubes, spare tyre
- Puncture repair kit (or tyre repair kit if tubeless)
- Pump/CO2 canisters
- Small toolkit, inc multi-tool
- Chain tool
- Tyre levers bikes must be fully serviced prior to the event and any work parts replaced as access to specific spares is very limited on the islands.

## Kayak Stage

- Buoyancy aid, paddle and kayak will be provided
- You should dress in waterproofs and technical wicking undergarments. These can be the same ones you have used on

the run or ride stages. Please remember you will be sitting stationary and WILL get wet. Avoid cotton and use technical wicking fabric

- If you do have kayaking gear, such as a cag or over-trousers, then please do bring these
- Sandals, boat shoes or any permeable trainers
- A dry bag and/or waterproof rucksack liner (or a selection of small and larger ones) will be essential to stow gear and food inside your kayak gear stowage chambers; to ensure it does not get wet. The kayak stages are not huge but they are exciting and committing sea legs and could be subject to swells and fairly 'robust' weather (!). They are also at the start of each day, after which you have long outings on the bike. Bottom line on the kayak legs: Try and wear quick-drying gear or stuff you can get wet and then discard and change into other clothes once you land. There will always be the option to access your support bag after these sections of course.

## 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
- Blister treatment kit

## 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 😊
- 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.