

# **Santorini Circuit**

## **Mandatory Kit List**

The background of the lower half of the image features a white topographic map pattern on a light grey background, showing various contour lines and peaks.

**The countdown is on!**

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

## Running/ Trekking 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 1.5 litre capacity. [BUY HERE](#)
- ☐ Light trail Running Shoes i.e. running shoes with some grip
- ☐ Sunglasses with Cat 3 protection – [BUY HERE](#)
- ☐ Hat (cap or wide brimmed) AND Rat Rag/Buff – [BUY HERE](#)
- ☐ Shorts x 2
- ☐ T-shirt x 2
- ☐ Socks x 2 – [BUY HERE](#)
- ☐ Whistle - [BUY HERE](#)
- ☐ GPS tracker (supplied at registration)
- ☐ Reusable cup - [BUY HERE](#)
- ☐ Hand sanitiser
- ☐ GPS device
- ☐ Head torch rated to 150 lumens minimum – [BUY HERE](#)
- ☐ Spare batteries for headtorch
- ☐ Sunscreen
- ☐ Salt tablets and dissolvable electrolytes for water. Please bring salt tablets and some electrolyte mix for drinks. You will 100% need these on this trip and they are absolutely MANDATORY – [BUY HERE](#)
- ☐ Personal first aid kit, see below for requirements.
- ☐ 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
- ☐ Overnight bag: Such as a duffel or rucksack - [BUY HERE](#)
- ☐ Transition bag: A smaller duffel, a small rucksack or drybag - [BUY HERE](#)

- ☐ Dry Bags: Dry bag or small zip lock bags: Very useful for general gear storage/ organisation/ protection – especially on the kayak but also in general for your day pack (zip locks are also good for doing your business and disposing of the toilet paper if caught short)  
**[BUY HERE](#)**
- ☐ Snacks – **[BUY HERE](#)**
- ☐ Trekking poles – totally optional

## Kayak Stage

- ☐ *Kayak, paddle and buoyancy aid will be provided.*
- ☐ Hat - **[BUY HERE](#)**
- ☐ Wicking Top
- ☐ Sunglasses - **[BUY HERE](#)**
- ☐ Running Shorts
- ☐ Shoes you don't mind getting wet (water shoes/spare trainers or sandals)
- ☐ Swimming Shorts / Bikini
- ☐ Water-resistant suncream

## 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