

The Maltese Falcon

Mandatory Kit List

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 2 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
- ☐ T-shirt
- ☐ Socks – [**BUY HERE**](#)
- ☐ Whistle - [**BUY HERE**](#)
- ☐ GPS tracker (supplied at registration)
- ☐ Reusable cup - [**BUY HERE**](#)
- ☐ Hand sanitiser
- ☐ GPS device
- ☐ Headtorch, waterproof to IPX7 standard, minimum 150 lumens + spare batteries (or second headtorch , instead of spare batteries). You will definitely use your headtorch in this event, so please do make sure it works well and you are familiar with it– [**BUY HERE**](#)
- ☐ 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**](#)
- ☐ First Aid kit, see contents requirements below.
- ☐ 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
- ☐ 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**
- ☐ Sunglasses - **BUY HERE**
- ☐ Your shoes will likely get wet when getting out of/ in to the kayak on Comino so changing to wet shoes/sandals may be what you wish to do to keep those shoes dry. Or just stash a 2nd pair of running shoes in your transition bag and put those dry shoes on when you get to Malta.
- ☐ A drybag is highly recommended to keep your daypack dry if you are planning on taking it in the kayak.
- ☐ Water-resistant suncream
- ☐ Towel

Cycling Kit

- ☐ Padded bike shorts
- ☐ Cycling top
- ☐ Socks
- ☐ Bike shoes
- ☐ Helmet – 100% essential, no exceptions**
- ☐ Cycling gloves
- ☐ Waterproof Top
- ☐ Multi tool
- ☐ Puncture repair kit and/or spare tubes
- ☐ If you're hiring a bike, feel free to bring your bike shoes with cleats and pedals to fit to the bike. However, it is highly recommended that you also please bring a decent pair of shoes/ trainers for wearing with flats in case you encounter a compatibility issue here.
- ☐ Ultra vest or small daypack to carry mandatory kit items (or use tube bags, cycling 'bumbag' or similar). Ultimately, you must simply have a bag capable of carrying the mandatory kit; and water
- ☐ 2L (min size) Bladder or bottles to the same capacity

- ☐ 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**
- ☐ High SPF factor sun cream – min SPF 30 recommended.
- ☐ Sunglasses with CAT 3 protection suitable for riding
- ☐ First Aid kit, see contents requirements below.

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