

ILLUMINATOR

NIGHT TRAIL RACE

WALKER'S KITLIST

COMPULSORY

- Walking boots or trail shoes
- Full sleeve baselayer top
- Full-length walking trousers (no jeans)
- Waterproof jacket & trousers
- Warm layer (e.g. fleece, down/synthetic jacket)
- Hat & Gloves
- Mobile phone (fully charged)
- LED Head torch (at least 160 lumens)
- Spare batteries OR spare head torch
- Emergency food items (e.g. gel, bar)
- Spare warm layer (synthetic insulation only)
- Rucksack with waterproof liner

USEFUL EXTRAS

- Walking poles
- Full change of clothes / footwear
- Warm clothes
- Plastic bag or trug (to put wet kit into)
- Flask / waterbottle
- Gaiters
- Buff/neckgaiter