

# ILLUMINATOR

## NIGHT TRAIL RACE

# RUNNER'S KITLIST

### COMPULSORY

- Trail running shoes
- Full sleeve & full leg baselayer
- Waterproof jacket
- Gloves
- Hat
- 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)
- Rucsack with waterproof liner

### USEFUL EXTRAS

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