# Running Kit List

1. Water proof jacket or windshell
2. Spare base layer
3. Warm hat
4. Map
5. Compass
6. Whistle
7. 100g of chocolate or equivalent
8. First aid kit – one large wound dressing and one elastic bandage per running pair.
9. Head torch + spare batteries (**Salcombe run only**)
10. Race number
11. Mobile phone