

On the Trail	Required
Your usual running kit (shoes, shorts/tights, socks etc)	<input type="checkbox"/>
Hand disinfectant (small bottle)	<input type="checkbox"/>
Running backpack or vest	<input type="checkbox"/>
Whistle (check your backpack - these are normally attached)	<input type="checkbox"/>
Wind/Shell jacket	<input type="checkbox"/>
Foil blanket / sleeping bag liner	<input type="checkbox"/>
Medicine (if you require it for health reasons)	<input type="checkbox"/>
Extra pair of socks	<input type="checkbox"/>
Food/Snacks	<input type="checkbox"/>
Water bottle, bladder or reusable cup	<input type="checkbox"/>
Mobile phone	<input type="checkbox"/>
Compass	<input type="checkbox"/>
Map (provided)	<input type="checkbox"/>
*Plastic bag (for trash, snus, etc.)	<input type="checkbox"/>
*Toilet paper / matches	<input type="checkbox"/>
*Small first aid kit	<input type="checkbox"/>
*Blister care pack (comped or other)	<input type="checkbox"/>
**Emergency communication device (provided and carried by the guide)	<input type="checkbox"/>
On the Trail	Recommended
Sunglasses	<input type="checkbox"/>
Hat (baseball)	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>
Mosquito Repellent	<input type="checkbox"/>
Headlamp	<input type="checkbox"/>
Gaiters	<input type="checkbox"/>
Post-run Change Bag	Required
Warm jacket	<input type="checkbox"/>
Pants	<input type="checkbox"/>
Towel	<input type="checkbox"/>
Water	<input type="checkbox"/>
Post-run Change Bag	Recommended
Flip flops, Crocs, dry shoes	<input type="checkbox"/>
Snacks	<input type="checkbox"/>
Bathing suit	<input type="checkbox"/>