



# Spine Races Kit List

Winter 2026 - All Races



## 2026 SPINE WINTER RACES KIT REQUIREMENTS

### (FULL, CHALLENGER SOUTH, NORTH AND SPRINT EVENTS)

#### SECTION 1: COMPULSORY KIT LIST.

Including examples of kit that will pass and fail and minimum standard requirements and a link to a definitive Spreadsheet.

#### SECTION 2: KIT CHECKS

Clear procedures for the pre-event and during race kit checks.

#### SECTION 3: MISSING KIT PENALTIES AND PROCEDURES

Clear procedures and penalties for lost, missing or damaged kit during the event.

#### COMPULSORY EQUIPMENT (SECTION 1)

All the items must always be worn or carried during the event unless specified. These items are all required for your safety and to ensure you have the correct equipment to enable you to complete the event in all conditions and be as self sufficient as possible. This list is not negotiable and if checked at any point on the course or at a checkpoint any missing items will incur a penalty as described in **Section 3**

This list is the minimum mandatory minimum kit required for the race, you may carry any additional kit you require or wish to for your own comfort. We recommend you carry additional warm dry clothing in poor weather and protect items in your backpack with dry bags.

If on reading this, you are unsure if an item of kit passes or you need advice you can email [Lindley@thespinerace.com](mailto:Lindley@thespinerace.com) for further info.



## **STARTING CLOTHING and SPARE items Clarifications**

It is expected that you are starting in a full set of clothing appropriate to the conditions at the start of the race or when leaving a Checkpoint Location.

Any item that is Listed on the kit list as a **SPARE** item is in addition to whatever you are wearing to start or leaving a Checkpoint Location and must be in your pack/vest and not worn.

*Example.* You cannot be wearing your **SPARE** Insulated Warm Jacket, it must be spare in your pack/vest and in addition to what you are wearing for the current conditions. If you are wearing it you must have another spare in your pack/vest at the point of leaving a CP.

This is the same for **SPARE** Baselayer top or bottom layers and socks. You can of course use them during that stage.

### **Further clarification and penalties.**

You cannot remove an item you are wearing when about to leave a CP location, just to put it on again outside when away from the CP.

This will result in a time penalty for not having a **SPARE** item. We see this every year where people remove items when kit checked at a CP location and then put it back on just after leaving the CP. If seen doing this you will not be allowed to leave without 2 items, one worn and one **SPARE** carried.

The **SPARE** items are for safety if you get very wet or cold and need extra layers in an emergency, They are not an extra item to make you carry more unnecessary kit. If you fall in water, get very wet and cold or even injured you will need all that spare kit to completely change into a full set of dry kit.

If we think you do not have enough kit for the conditions we will request you carry more and will not reduce this minimum requirement under any circumstances.



## Kit List Summary

The Kit List is detailed and extensive and you must read all the pages relevant to each item on The Kit List. This Summary List is provided only for the purposes of ticking off a list when packing.

**All the items on the list must be presented at kit check for inspection (including footwear).**

- 1. Backpack
- 2. Compass
- 3. Maps
- 4. GPS Navigation Device
- 5. Emergency Whistle
- 6. Eye Protection
- 7. Headtorch
- 8. Waterproof Jacket
- 9. Waterproof Trousers
- 10. Warm Insulated Hat
- 11. Gloves
- 12. SPARE Socks
- 13. Neck Warmer
- 14. SPARE Base Layer (Top)
- 15. SPARE Base Layer (Bottom)
- 16. SPARE Insulated Jacket
- 17. Appropriate Footwear
- 18. Traction Aids
- 19. Sleeping Bag
- 20. Sleeping Mat
- 21. Bivvy Bag
- 22. Mug
- 23. Spoon or Fork
- 24. Water carrying capacity
- 25. Food
- 26. Mobile Phone
- 27. Rear Red Light
- 28. Toilet Kit
- 29. Med Kit / Personal First Aid Kit
- Mandatory Drop Bag Kit

To check suitability of any equipment email  
[lindley@thespinerace.com](mailto:lindley@thespinerace.com)

## Backpack/Running Vest/Rucksack

### Specification

Pack/Vest that is capable of holding all the compulsory kit inside and suitable for the event and activity.

### Minimum Standards

Must be in good condition with no tears or rips and all fasteners/zips/buckles are working

### Clarification Notes

Please ensure you have the ability/space to attach a tracker to one shoulder of the pack, Any padding or items you attach to the shoulder straps may need to be removed to attach the tracker securely. Please note we can not place trackers inside packs or elsewhere on the pack as they need a clear view of the sky to work effectively.

### Specific NO Examples

Damaged pack with broken straps or poorly repaired items.

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/16pYBstlUnqH6z4BqtEDzmn1mPnshXGebi0PhlPndwqQ/edit?usp=sharing>



## 2 Compass

### Specification

A baseplate physical magnetic compass capable of being placed on a map and a bearing being taken. (*North direction will be checked and a quick Nav check to ensure you know how to use it at registration*)

### Minimum Standards

Must be in good condition with numbers and needles easy to see and read with no bubbles affecting performance.

### Clarification Notes

Compasses on Phones, Watches, GPS devices and any electronic compasses are NOT allowed.

Compasses with only colours or without Degrees/Mils marked are NOT allowed

### Specific NO Examples

Orienteering and Thumb/Wrist Compasses with Colour Zones Only.

### Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/1kViiS\\_z3e0webc1a-04mWO-x-3Dyn8O4Y\\_p37zPCcnQ/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1kViiS_z3e0webc1a-04mWO-x-3Dyn8O4Y_p37zPCcnQ/edit?usp=sharing)



# SPINE

## 3 Maps

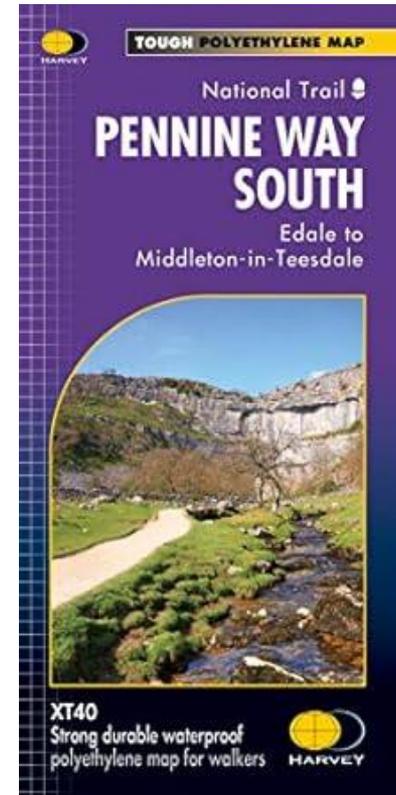
**New for 2026 Winter Races will have custom printed Harvey's North and South Maps.**

You will be given the required maps for your event at Kit Check, they will have the route and any pre planned diversions highlighted on the maps.

They will also have useful info such as CP locations, grid references and emergency race numbers printed on them as well as race cutoffs and timings.

## Navigation Ability Check

At Kit check you may have your basic map navigation tested, you may be asked to demonstrate your ability to read a grid reference from the map and demonstrate how to orientate the map correctly.



## GPS Navigation Device

### Specification

GPS navigation device and Spare Batteries/Charging ability

### Minimum Standards

Must be handheld (recommended) or a GPS watch that complies with the below criteria.

Must be able to display colour topographical maps - *(Not just a line - this will be checked)*

Must be able to load the route and follow it - *(Must show your location in relation to the route-this will be checked)*

Must be able to show a UK grid reference - *(This will be checked at kit check)*

### Clarification Notes

Must meet the above Standards

Cycle computers that can display the minimum standards are acceptable - Garmin Edge etc

If using a watch or rechargeable only handheld you must have a cable and power bank to recharge on the trail, for battery

Handhelds at least 1 set of spare batteries on your person.

### Specific NO Examples

Garmin InReach devices or Watches/Wrist Mounted devices that do NOT display a colour topographical map or cannot display a British Grid Reference do not meet the required standards. InReach devices can not display UK grid references.

### Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/1iM\\_mmckoaYP\\_pTHZqhuGQSO1BOaV-fyn7CapwOFw2il/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1iM_mmckoaYP_pTHZqhuGQSO1BOaV-fyn7CapwOFw2il/edit?usp=sharing)



## Emergency Whistle

### Specification

Loud Whistle for signalling for help or attention in an emergency

### Minimum Standards

Must work and be loud enough to hear at a distance

### Clarification Notes

Must meet the above Standards, can be plastic or metal and separate or attached to a pack or headtorch.

### Specific NO Examples

Electronic devices that emit or produce a whistle such as attack alarms.

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1eKVDaP8WPecdsLiX1sRfknep5H4PEb58sjDD6jZgL YA/edit?usp=sharing>



## 6 Eye Protection

### Specification

Eye Protection for wind, rain and debris in bad weather

### Minimum Standards

Must fit securely - *(Must have a strap that secures them to the head)*

Must be clear lenses - *(No tint of any kind)*

Must fit tight to the face with no significant gaps - *(So as to not allow wind and debris in)*

Must have a flexible rubber/foam seal around the eyes - *(to be comfortable and seal properly)*

### Clarification Notes

Must meet the above Standards, can be goggles or glasses style as long as they meet the above criteria

### Specific NO Examples

Lab/Science class goggles, Regular Glasses, Swimming Goggles, Sunglasses, Any tint including Amber, Photochromic lenses, reflective lenses and insecure fitment or no seal.

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1eCsL7hhEx85e24mrU1FbWj2z-e6xAgjQqpFrS0GDBtk/edit?usp=sharing>



## 7 Headtorch

### Specification

Headtorch (or chest torch) of a minimum of 100 lumens and suitable for the event

### Minimum Standards

If the battery is replaceable you must carry a spare battery/batteries.

If the battery is not replaceable you must carry a second headtorch as they won't charge or be wearable while recharging.

### Clarification Notes

Must meet the above Standards and if the headtorch is rechargeable and the battery not replaceable you must carry a second headtorch complying to the same minimum standards.

*We recommend headtorches that can have batteries replaced as charging at CP locations can be slow or unreliable.*

### Specific NO Examples

Watch/Phone lights, handheld torches, anything not a minimum of 100 Lumens

### Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/1RKaJRfNPkJXJ\\_lq8dnoIrU204ZI50W9euDz5IKPzcjk/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1RKaJRfNPkJXJ_lq8dnoIrU204ZI50W9euDz5IKPzcjk/edit?usp=sharing)



## Waterproof Jacket

### Specification

Waterproof Jacket with Hood - Minimum 10,000mm HH (Hydrostatic Head)

### Minimum Standards

Must have taped seams - All Seams not just some.

Must have a hood - Permanently fixed (not zipped or velcroed on)

Must be a minimum of 10,000 HH - We recommend 20,000+

Must have NO open vents/mesh areas where wind and water can get through.

### Clarification Notes

Must meet the above Standards and be durable enough for the event, Lightweight kit tends to be easily damaged on Spine races

### Specific NO Examples

Poncho's, Paramo Kit, Buffalo kit and any other clothing made from non waterproof materials.

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/10ygien7WEQAg2OcY6PeabNDzStkp3YzE-NmbL-KeuTE/edit?usp=sharing>



## Waterproof Trousers

### Specification

Waterproof Trousers - Minimum 10,000mm HH (Hydrostatic Head)

### Minimum Standards

Must have Taped Seams- All Seams, not just some

Must be a minimum of 10,000 HH - We recommend 20,000+

Must have NO open vents/mesh areas where wind and water can get through.

### Clarification Notes

Must meet the above Standards and be durable enough for the event, Lightweight kit tends to be easily damaged on Spine races.

### Specific NO Examples

Poncho's, Paramo Kit, Buffalo kit and and other clothing made with non waterproof materials

### Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/1ysl5k8yUY7xdASejfolZt4dHGcSRvp\\_kFCQi9wIY8yk/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1ysl5k8yUY7xdASejfolZt4dHGcSRvp_kFCQi9wIY8yk/edit?usp=sharing)



# 10 Warm Insulated Hat

## Specification

Warm Insulated Hat

## Minimum Standards

Must cover the full head all the way down to your ears and cover the top of the ears

Must be warm and insulated, no thin beanies or non insulated items like a buff

Must not be a mesh fabric or mesh in it.

## Clarification Notes

Must meet the above Standards

Can have a peak as long as the rest of the hat is complying

Can be a balaclava/ski mask (If so you can NOT use it as your neck cover also)

## Specific NO Examples

Baseball caps, buffs, thin beanies or skullcaps.

## Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1tnZnOtWEYbPHVR9oHcAOiGs9Ykt9fhgrqWwtyCOMRu8/edit?usp=sharing>





## 11 Gloves

### Specification

1 Pair of Waterproof Warm Gloves with Fingers

### Minimum Standards

They must be waterproof - *not all ski gloves are waterproof so check*

They must have fingers and thumb - *you may need to do tasks with your gloves on like open buckles or use your Compass and Map and will need fingers.*

### Clarification Notes

Must meet the above Standards

**We recommend carrying a spare pair of gloves or mittens in case of loss or damage.**

### Specific NO Examples

Anything with Goretex Infinium (not waterproof) or anything that is not sold as waterproof or does not have Fingers. Thin non warm gloves will fail.

*Water resistant or other phrases in advertising that don't say waterproof are NOT waterproof.*

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1Uu6cuc7V82QEHWyuus05b4W7MhEPAaslpw5NTghl96E/edit?usp=sharing>



## 12 SPARE Socks

### Specification

SPARE socks suitable for the weather and conditions

### Minimum Standards

Must be a pair

Must be your size

Must be similar to what you are wearing to start

### Clarification Notes

Must meet the above Standards

Must be in addition to what you start or leave a CP location wearing - *if you start/leave a CP wearing 2 pairs then you will carry a SPARE set with you so you can change if you get cold/wet.*

### Specific NO Examples

Childrens socks, trainers socks, ballerina/dance no show socks or tights

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1PPNiAHTtMYhU9NAgNA68EFCbaxkJWWRAseCD7FBXP-U/edit?usp=sharing>



## 13 Neck Warmer

### Specification

Neck Warmer as protection from wind and cold.

### Minimum Standards

Must cover the whole neck and be able to cover the lower face if pulled up.

### Clarification Notes

Must meet the above Standards

Can be a balaclava but can NOT count as your neck warmer and hat together, each needs to be a separate item.

### Specific NO Examples

Bandana, scarf or other item that does not cover the whole neck around.

### Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/1dXYIqPONUJtM\\_BMH-Yg9tq8Sh5U3RTTWCR-WEy6F\\_20/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1dXYIqPONUJtM_BMH-Yg9tq8Sh5U3RTTWCR-WEy6F_20/edit?usp=sharing)



## 14 SPARE Base Layer (Top)

### Specification

Long sleeved SPARE warm baselayer (top) - To be carried in addition to whatever you are wearing at the start or leaving a CP.

### Minimum Standards

Must be long sleeved

Must be for winter use and warm - Not super thin or mesh.

Must be your size

### Clarification Notes

Must meet the above Standards

Mesh layers like Brynje are not acceptable as they are designed to go under a base layer and not in place of them in cold weather.

### Specific NO Examples

Brynje and similar mesh underlayers, Childrens sizes or non warm items.

### Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/1DpctWx\\_AFHjyGtt0T3ZApmqSkOLpv3IyGIZEKuBzIn/s/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1DpctWx_AFHjyGtt0T3ZApmqSkOLpv3IyGIZEKuBzIn/s/edit?usp=sharing)



15  
**SPARE Base Layer (Bottom)**

## Specification

Long Legged SPARE warm baselayer (Bottom) - To be carried in addition to whatever you are wearing at the start or leaving a CP.

## Minimum Standards

Must be long legged - No  $\frac{3}{4}$  length items, must reach your ankles

Must be for winter use and warm - Not super thin or mesh.

Must be your size

## Clarification Notes

Must meet the above Standards

Mesh layers like Brynje are not acceptable as they are designed to go under a base layer and not in place of them in cold weather.

## Specific NO Examples

Brynje and similar mesh underlayers, Childrens sizes or non warm items.

## Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/1Algk4cT\\_dIGRxMkcTBDmAgvbhfzXYrHAg465a5XV5hA/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1Algk4cT_dIGRxMkcTBDmAgvbhfzXYrHAg465a5XV5hA/edit?usp=sharing)



## SPARE Insulated Jacket

### Specification

SPARE insulated jacket that must be carried in addition to whatever you are wearing at the start or leaving a CP location.

### Minimum Standards

Must be a Jacket or Smock with a full Zip or Half Zip

Must be an insulated item, very thick pile fleece or down (natural or synthetic (better)).

Must be suitable for cold weather use.

### Clarification Notes

Gillet's or similar jackets without full sleeves are not allowed, jackets must have insulation in the sleeves. Must have a Zip or Half Zip, if no zip it will NOT pass

### Specific NO Examples

Anything without a zip, Items not made of deep pile fleece or down or any base layer top regardless of how warm it is or what it's made of. Fleece items that are not insulated or deep pile such as a Montane Dart etc.

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1SDblOuTRTop6YxE-wNNeHPqZuCzRcq4IXYS5bwP7lrE/edit?usp=sharing>



## Appropriate Footwear

### Specification

Footwear suitable for the event, conditions and terrain.

### Minimum Standards

Must be in good condition with good tread - Not worn out

Must be in good condition with no holes or rips - if repaired the repair must be robust and durable enough to last the event.

### Clarification Notes

Can be Boots, Walking Shoes, Trainers or any footwear that is suitable for the terrain and conditions.

### Specific NO Examples

Road shoes, Sandals, Flip Flops or Slippers.

No holes or tears and worn out tread will be a fail.

### Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/18mae\\_8tWnmtxmRTQTnDUgeTxJDC4tJUasjb4yt\\_fPXU/edit?usp=sharing](https://docs.google.com/spreadsheets/d/18mae_8tWnmtxmRTQTnDUgeTxJDC4tJUasjb4yt_fPXU/edit?usp=sharing)



## 18 Traction Aids

### Specification

Traction Aids - Ice Spikes or Ice Grips for use on icy terrain

### Minimum Standards

Must be either the coil type or spikes type - see pictures to the right

Must be in good condition and fit your shoes.

### Clarification Notes

Must be Yaktrax Pro Coils style or Ice Spikes Style such as Kahtoola Microspikes

Must provide traction on both the front and rear of the foot

Must not be “Nano Spikes”, tiny small dimples or bumps like on the bottom of a walking pole.

Must be good quality and not cheap off ebay or amazon budget brands as they will fail.

### Specific NO Examples

Yaktrax Run/Walk, Exospikes, Trespass Icegrip or similar that use Nanospikes and/or only cover the front of the foot.

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/14TLE0JhRloHS6BrRWwRxdd8oMSEa4moSucn3Ra2LSic/edit?usp=sharing>





# 19 Sleeping Bag

## Specification

Mummy Style Sleeping Bag with Hood - Oc/32F Rating

## Minimum Standards

Must be EN/ISO Comfort Limit of Oc or colder. Sometimes called Lower Limit or Transition, Usually the middle rating of the 3 EN/ISO ratings displayed as per the examples to the right. Must be fully enclosed and have a hood - No Quilts or Hoodless Bags.

## Clarification Notes

If the sleeping bag does not have an EN/ISO rating then please check by emailing [lindley@thespinerace.com](mailto:lindley@thespinerace.com) for clarification.

We accept Rab Sleep Ratings and PHD Typical Operating Temps, If not sure Email to check.

## Specific NO Examples

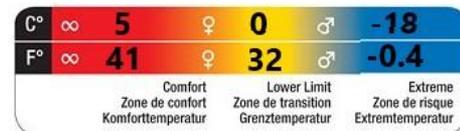
OMM, Hangar 18, Quilts, Hoodless or any sleeping bag without a reliable rating system. Sleeping Bag Liners can NOT be used to improve the rating.

## Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1ef1fp88J7pwuaGvIT-YfbE3v7AhCV4rQKN-MOSijt6U/edit?usp=sharing>

Always the middle rating on EN/ISO rated Bags

### EN 13537 TESTED



**Comfort:** Based on a standard woman having a comfortable nights sleep.

**Lower Limit:** Based on a standard man as the lowest temp. to have a comfortable nights sleep.

**Extreme:** A survival rating for a standard woman.



## 20 Sleeping Mat

### Specification

Sleeping Mat for insulating from the ground when Bivvying out.

### Minimum Standards

Must be a minimum of 5mm thick. (*we recommend 2cm or more*).

Must cover from Head to Knees. (*minimum 119cm long-¾ length size minimum*)

Must not be cut or adjusted in anyway from how it is sold.

No Homemade Items, no smaller mats taped together.

### Clarification Notes

Must be sold/can be purchased as a Sleeping Mat

Can be Closed Cell Foam, Inflatable or Self inflating and no holes or air gaps.

### Specific NO Examples

Duo Mat, Gram Counter Gear Featherweight, Yoga Mats, Baloonbed, Klymit Inertia or similar mats with air gaps.

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1NVW6bdBJGE70Z9cWrZAfdy7HbAwmk72EVwF9S5V-73M/edit?usp=sharing>



## 21 Bivvy Bag

### Specification

Waterproof Bivvy Bag for Sleeping on the trail or emergencies.

### Minimum Standards

Must be Waterproof - Not just resistant, if the advertising does not say "waterproof" it is not.

Must only have an opening at the top, No tarps/or Poncho style Bivvy's

Must not be an emergency style foil/mylar or similar bivvy. (*Such as the Sol foil type*)

Must not be a Survival/Plastic bag type or foil type.

### Clarification Notes

Must meet the above Standards

No homemade items or items taped together.

### Specific NO Examples

Rab Survival Zone Light, MSR e-bivvy, SOL emergency bivvy or any SOL Product, LifeSystems Thermal Bag or Survival Bag.

### Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/1cqgUI\\_ICE\\_a80E9\\_BNAzTa1gAHEqkFuMP4kCL9fyzAE/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1cqgUI_ICE_a80E9_BNAzTa1gAHEqkFuMP4kCL9fyzAE/edit?usp=sharing)





## 22 Mug/Cup

### Specification

Solid Mug/Cup for drinks at CP's and on the course - The event is Cupless.

### Minimum Standards

Must be 400ml Minimum

Must have a fixed handle that can not be removed or fall off

Must not be a folding or collapsible type

### Clarification Notes

Can be the neoprene handle on a jetboil or similar mug/pot

Handles can fold into the sides as long as they do not remove.

### Specific NO Examples

Anything that collapses, folds or has no Handle regardless of it having a spill proof lid or not

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1P2DK58vqwZQRKUHiGoJ8DuOau6h7oueNmucLEmYXuQA/edit?usp=sharing>



## Specification

Spoon or Fork or combination of both for eating food (Spork).

## Minimum Standards

Must be a Spoon or Fork or Spork type of utensil

Must be a suitable size for eating, no teaspoon or smaller sized utensils.

Can be plastic, wood or metal but must be durable for regular use.

## Clarification Notes

Must meet the above Standards

## Specific NO Examples

Plastic disposable or wooden disposable cutlery, teaspoons, ice cream or sorbet spoons or toy or doll's spoons.

## Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/1\\_Fu1qaWVYuc9XkxczuQ1YosmJss491OsAT2GjbcNMi8/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1_Fu1qaWVYuc9XkxczuQ1YosmJss491OsAT2GjbcNMi8/edit?usp=sharing)





24

## 2ltr Water Carrying Capacity

### Specification

2ltr Water carrying capacity

### Minimum Standards

You must always have the ability to carry 2ltrs of water on your person.

Can be hard or soft bottles or a bladder type water carrier.

### Clarification Notes

Must meet the above Standards.

Must be accessible and easy to use, not hidden in the bottom of your pack so they can not be accessed regularly.

Must be a minimum total of 2ltrs.

### Specific NO Examples

Zip lock bags, Tupperware containers or any container not designed for carrying drinks.

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1MqA-mk0H8w8oiKucWvQdnvZvDmQSijCcO1uC9W8otiU/edit?usp=sharing>



## Specification

A minimum of 1,500 calories of food from the Start and from each CP location.

## Minimum Standards

Must comply with the following rules.

Must not be more than 500Kcal from powdered sources such as Tailwind or similar.

Must be a minimum 1000Kcal from ready to eat foods that require no extra water or prep to eat

*If carrying a stove/cooking equipment then 500Kcal can be from dehydrated foods, freeze dried, pot noodles etc. If you are not carrying a stove then you can not count dehydrated foods*

## Clarification Notes

The ready to eat food must not be one single source but a variety, so you can not just carry nuts or chocolate but must have a mix of available foods. It can ALL be ready to eat foods.

## Specific NO Examples

Any single source of foods or foods that require extensive prep to eat.

## Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/19ZFvPC\\_AnluZwojZoCv-QJmvUSo8ukKV92aR5TCgLTw/edit?usp=sharing](https://docs.google.com/spreadsheets/d/19ZFvPC_AnluZwojZoCv-QJmvUSo8ukKV92aR5TCgLTw/edit?usp=sharing)



## Specification

Working Mobile Phone

## Minimum Standards

Must be working on a UK Network and be able to both send and receive calls in the UK.

Must be a regular phone size, no tiny phones.

Must be able to read a reasonable length text message and dial a number using a bare finger.

Must be fully charged at the start and have over 50% charge leaving any CP

## Clarification Notes

Must have a charging lead carried with you at all times, a powerbank is recommended.

If the phone is not waterproof it should be in a waterproof case, we would recommend this anyway as phones wont charge if the charging port gets wet.

## Specific NO Examples

Tiny Phones, Phones with cracked screens and damage that make it difficult to use or read.

## Definitive Spreadsheet

[https://docs.google.com/spreadsheets/d/1EuyTtUPQtCgFZ06dhviCPFsZ5nzujEqjW\\_dDzaBkTq8/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1EuyTtUPQtCgFZ06dhviCPFsZ5nzujEqjW_dDzaBkTq8/edit?usp=sharing)



## 27 Rear Red Light

### Specification

Rear Red Led Safety Light - To be turned on all the time.

### Minimum Standards

Must be Red, no other colours allowed.

Must be worn on the rear of the pack/vest so it is not obscured by hoods or clothing

Must have a spare battery and know how to change it if it won't last the duration of your event

### Clarification Notes

Must meet the above Standards

Can be a repurposed bike light

Must attach securely to your pack.

### Specific NO Examples

Rear Headtorch Lights are not suitable as they get hidden by hats or hoods.

No multi color lights, Red only as we need to know what to look for in an emergency..

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1wfm2oXxkT8FNqpaZN0mWw67Yg0EqjN-LWD0rozCm5HE/edit?usp=sharing>



## 28 Toilet Kit

### Specification

Toilet kit to ensure waste can be disposed of responsibly.

### Minimum Standards

Must have a toilet trowel/spade - Can be plastic or Metal

Must have a minimum of 1 pack of Tissues - No Baby Wipes

Must have a minimum of 3 “Poo Bags” for solids that can’t be buried.

### Clarification Notes

Must meet the above Standards

Must be a shovel designed for the purpose and not a kitchen spoon or garden trowel.

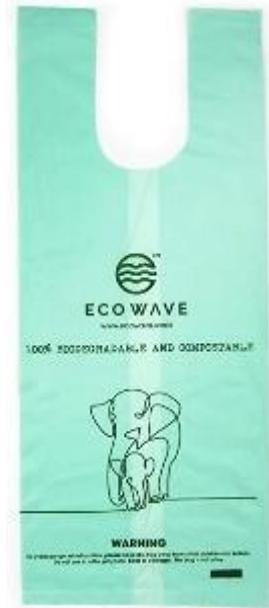
### Specific NO Examples

Builders or Garden Trowel, Wooden Shoe Horn, your Spork or anything homemade.

Baby wipes, even the so called biodegradable can't be buried.

### Definitive Spreadsheet

<https://docs.google.com/spreadsheets/d/1IL9mzuGQQY-WRAJozIRtoUQbVk1hilem0S1Yzzf30YI/edit?usp=sharing>





MONTANE SPINE RACE SUMMER & WINTER

## **MANDATORY & RECOMMENDED MEDICAL KIT LIST**

### **Mandatory Medical Kit**

Participants of the Montane Spine Race Summer and Winter events are required to carry a mandatory medical kit throughout the event. The mandatory medical kit is the minimum medical kit participants are required to have at all times during their race. Participants are expected to ensure they have adequate provisions within their drop bag to remain self-sufficient for routine foot care for the duration of their race.

### **Recommended Drop Bag Medical Kit**

Participants of the Montane Spine Race Summer and Winter events are recommended to have sufficient spare medical kit within their drop bag to replenish their mandatory medical kit following use, and to enable self-sufficient routine foot care whilst at a checkpoint. The recommended drop bag medical kit is not mandatory and is not therefore subject to kit checks.

**Med Kit / Personal First Aid Kit (page 2)****MANDATORY MEDICAL KIT**

<input type="checkbox"/>	Antiseptic Wipes	[Quantity: 2]
<input type="checkbox"/>	Hypodermic Needles (21g x 25mm)	[Quantity: 2]
<input type="checkbox"/>	Kinesiology Tape (2m x 5cm)	[Quantity: 1]
<input type="checkbox"/>	Small Safety Scissors	[Quantity: 1]
<input type="checkbox"/>	Paracetamol 500mg Tablets	[Quantity: 8]
<input type="checkbox"/>	Rehydration Salts	[Quantity: 2]
<input type="checkbox"/>	Foil Emergency Blanket	[Quantity: 1]
<input type="checkbox"/>	Waterproof Plasters	[Quantity: 2]
<input type="checkbox"/>	Non-Sterile Nitrile Gloves [Pair]	[Quantity: 1]

**RECOMMENDED DROP BAG MEDICAL KIT**

<input type="checkbox"/>	Antiseptic Wipes
<input type="checkbox"/>	Hypodermic Needles
<input type="checkbox"/>	Kinesiology Tape
<input type="checkbox"/>	Fleecy Web
<input type="checkbox"/>	Paracetamol 500mg Tablets
<input type="checkbox"/>	Rehydration Salts
<input type="checkbox"/>	Waterproof Plasters
<input type="checkbox"/>	Non-Sterile Nitrile Gloves [Pair]

### Pre-Event Medical Briefing For Participants

Please take the time to read the attached pre-event medical briefing for participants. Please don't hesitate to contact the Global Expedition Medics team with any queries or questions.

Email: [info@globalexpeditionmedics.com](mailto:info@globalexpeditionmedics.com)

### Availability of Mandatory Medical Kit Supplies

In collaboration with the Montane Spine Race Team, Global Expedition Medics will have items from the mandatory medical kit available free of charge for participants at registration.

Mandatory medical kit items available from Global Expedition Medics at registration are:

- |                          |                                   |            |
|--------------------------|-----------------------------------|------------|
| <input type="checkbox"/> | Antiseptic Wipes                  | [Max 6 pp] |
| <input type="checkbox"/> | Hypodermic Needles                | [Max 6 pp] |
| <input type="checkbox"/> | Waterproof Plasters               | [Max 6 pp] |
| <input type="checkbox"/> | Non-Sterile Nitrile Gloves [Pair] | [Max 6 pp] |

Participants are required to provide their own Kinesiology Tape, Scissors, Paracetamol, Rehydration Sales and Foil Emergency Blanket to complete their Mandatory Medical Kit.

WE EXIST SO  
PEOPLE CAN BE  
EXTRAORDINARY



## Medical Kit Clarification Notes

**These notes help clarify the common question about the Medical Kit.**

### Rehydration Salts

These must be Dioralyte or own brand rehydration salts, electrolyte tablets or salt tablets are not the same and will not pass.

### Tape

Only K Tape will count and you must carry the correct tape and spares sufficient for the event.

### Foil Blanket

This must be a foil blanket and not a foil bivvy or survival bag.

### Needles must be the correct type

We will supply the correct ones at kit check

### Paracetamol

You must carry sufficient spares for the whole event duration.



## Mandatory Drop Bag Kit

### These are items you must have in your drop bag

#### Lightweight Sleeping Bag

Small 1 season style bag for use in CP's. - You can use your race sleeping bag if you wish but one light spare is usually easier to repack in your drop bag than your race pack.

#### CP Footwear

Footwear such as Crocs, Slides or Flip Flops to wear in CPs to protect feet.

#### Towel

Some CP locations have wash/shower facilities and the race does not supply Towels, you will not be able to shower or wash feet without a means to dry them.

#### Checks and Penalties

These are not checked at Kit Check and do not need to be presented at kit check but if found not carrying these items they may subject to the same penalties as other kit.



## Recommendations

The above listed items are all Mandatory and the bare minimum we we allow you to participate in the event with.

Please consider the below items also, especially in poor weather conditions.

### Additional warm clothing

As you progress in the race and become tired or during colder weather you will find it harder to keep warm, especially as you slow. Think about extra layers above the minimum list.

### Sturdier Waterproofs

There is a trend to wear/carry superlight waterproof layers that meet the HH criteria but the HH rating is only part of the story and heavier duty waterproof layers will perform better in serious weather and give you a better chance of completion.

### Spare items in your drop bag for those things easily lost or damaged

Gloves, Red lights, Hats, Neck Tubes, Safety Glasses and smaller items as not having these can mean you can't continue if lost

### Spare First Aid Kit Items in your drop bag.

You need to have spares of medications and foot care and anything you need for minor injuries yourself, if you are at a CP location and you don't have spare tape, needles or foot care items you can't rely on the medical team always having enough to treat you. They are there for emergencies, non minor injuries and support, you should be able to manage minor cuts and scrapes and foot care yourself.



## **KIT CHECKS (SECTION 2)**

### **KIT CHECK - PRE-RACE**

To ensure everyone is carrying the correct kit and to ensure fairness to all racers there will be a kit check at registration, it will follow the below procedure.

You will have your kit checked as the first part of the registration process; the kit checker will check a random set of items from a written list. Some racers will receive full kit checks and some will receive checks on a selection of items. Who gets what checked will be purely random based on what is on the check sheet for your race number. If you forget any items or any items are not suitable then you may be required to have a full kit check to ensure nothing else is missing.

Once all your items are checked satisfactorily you will be allowed to register for the race.

If you fail kit check you will be asked to return ASAP with the correct items and you will be unable to register until you have passed, you cannot collect a number without us confirming you have passed on all items. It is your responsibility to ensure you arrive at Kit Check with all the correct kit ready. If you have any doubt about kit being suitable either bring alternatives or check those items you intend to bring with [lindley@thespinerace.com](mailto:lindley@thespinerace.com) before attending the event. We cannot be held responsible for misunderstandings over kit standards. If you are in any way not sure then email, you will get a quick definitive answer.

*Be aware information on social media is not definitive and may be out of date or based on previous years requirements. If in doubt, ask.*

We will keep written copies of all kit checks including your signature on the bottom of the sheet to confirm you were checked should any dispute about kit occur at on course kit checks.

If we allow any borderline items to pass, or we fail any contentious items, we will record those including a description or photo of the item in question for future reference. This will clear up any disputes on the course quickly.



## **ON COURSE AND CHECKPOINT KIT CHECKS**

At any point on the course or at checkpoint or safety staff can ask for a selection of items from the compulsory list to be shown. These will usually be requests to ensure you are carrying critical safety equipment during poor weather or on higher risk areas of the course. If you are missing an item of kit the procedures in section 4 below will be applied.

## **MISSING KIT PENALTIES AND PROCEDURES (SECTION 4)**

The Spine races are self-sufficient adventure races and as such it is strongly emphasised that the competitor is responsible for ensuring they always have the right kit during the event. This includes protection from loss or damage whilst out on the trail.

It would be prudent to carry spares of easily lost or damaged items such as Goggles, Gloves, Hats and other smaller items in your drop bag to cover those possible losses and ensure your kit is sufficiently robust to survive the event.

The event is under no obligation to source, loan or supply in any way any items of lost kit so you can continue your participation in the event.

However, in the spirit and nature of the race we understand fellow competitors, race staff and volunteers will do all they can to help you continue your journey. They do so as an individual arrangement with no obligation or expectation.

If you are found to be missing kit at any point on the course or at a Checkpoint location, you will be subject to the penalties and procedures listed below without exception.

There are 30 items on the compulsory kit list, and they are all compulsory and to be carried at all times.



## **PENALTIES**

All items of kit may incur a **1 hour Time Penalty** for each item, at the discretion of Lindley the Equipment Manager.

You will not be allowed to leave a CP location until you have replaced that item regardless of the weather conditions, only the Equipment Manager can exercise any discretion. *GPS devices are specifically noted on the next page as they have separate considerations.*

Please note all time penalties will be applied when possible, to your time during the race but in some circumstances, this may be post-race, particularly if penalties are incurred in the latter stages of the event. A record of all time penalties will be kept by HQ and the Kit Manager (Lindley - [Lindley@thespinerace.com](mailto:Lindley@thespinerace.com)) and all decisions by the Kit Manager or the HQ team will be final. Time penalties are applied to your race time, you will not be held at any point unless your time penalty means you are now past the cutoff time for that location.

If you receive a time penalty or are held at a location whilst waiting for replacement kit and this means you are now past the cut off time for that CP location you will be considered to be timed out of the race and cannot continue.

### **Multiple Missing Items**

If you are missing multiple items of kit at a kit check or are found to be missing multiple items of kit at checks along the route the race reserves the right to issue a warning or disqualify the competitor depending on the severity or frequency.



## **GPS DEVICE FAILURE or LOSS**

GPS devices are compulsory on the event for safety reasons, in extreme weather conditions such as cold, wind and snow where navigation with map and compass is more challenging and harder to do safely and quickly. The kit list includes both GPS devices and map and compass to offer the best of both worlds and a level of redundancy to the system.

GPS devices are robust and reliable and rarely break or have issues, we have had less than 3 physically broken devices in the last 5 years. The biggest issue is user error with files not being loaded correctly or the user accidentally changing a setting or deleting a file making it no longer work properly.

However, if you have the unfortunate experience of a broken device or manage to drop it into a bottomless bog, we will follow the below procedure.

### **Lost/broken/failure on course or at a CP location**

If the weather is good with good visibility you may be allowed to continue to the next CP location and will be more closely monitored. If you show signs that you are unable to demonstrate the ability to navigate well without the device and continually get lost, you may be stopped and not be allowed to continue for your own safety at the discretion of the Kit Manager/HQ team.

If the weather is poor and map reading would be more challenging, you may be stopped and not be allowed to continue for your own safety at the discretion of the Kit Manager/HQ team.

A missing GPS unit will incur the same **1-Hour** time penalty, an obviously broken one will not but the above still applies.



### **Accidental loss vs deliberate.**

Over the years some competitors have chosen to leave kit behind or not carry compulsory items, thankfully this is a very rare occasion but can cause serious safety concerns. The race reserves the right to disqualify any competitor who has been found to be deliberately carrying less than the compulsory kit list.

For any clarification on this kit list document please email [lindley@thespinerace.com](mailto:lindley@thespinerace.com)