

KIT LIST - GRIZEDALE

TRAIL 26 (MARATHON)

- First Aid Kit – minimum requirement = blister plasters/sterile pad dressing/bandage or tape to secure dressing
- Waterproof Jacket (waterproof or windproof pants/ over trousers are also recommended)
- Spare Base Layer for top of body
- Head Torch (or Handheld Torch)
- Mobile Phone (fully charged)
- Whistle
- Hat & Gloves
- Emergency Foil Blanket or Bivi Bag
- Emergency Food & Drink

TRAIL 13 (HALF MARATHON)

- First Aid Kit – as above
- Waterproof Jacket (waterproof or windproof pants/ over trousers are also recommended)
- Mobile Phone (fully charged)
- Whistle
- Hat & Gloves
- Emergency Foil Blanket or Bivi Bag