



## **MONTANE GRIZEDALE TRAIL 13 & TRAIL 26 COMPULSORY KIT**

### **TRAIL 26 (MARATHON)**

- First aid kit – to include blister plasters/sterile pad dressing/bandage or tape to secure dressing as a minimum requirement.
- Waterproof jacket (waterproof or windproof pants 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/ bivi bag
- Emergency food & drink

### **TRAIL 13 (HALF MARATHON)**

- Waterproof jacket (waterproof or windproof pants are also recommended)
- Spare base layer (for top of body)
- Mobile phone (fully charged)
- Whistle