

# KIT LIST – ULLSWATER WAY TRAIL

## TRAIL 10

- First aid kit\*
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink

## TRAIL 20

- First aid kit\*
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink
- Emergency foil blanket/ bivy bag

## ULTRA

- First aid kit\*
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food
- 1 litre of water (either a water bladder or two soft water bottles)
- Emergency foil blanket/ bivy bag
- Running pack to carry the above items

\*First Aid Kit – minimum requirement = blister plasters/sterile pad dressing/bandage or tape to secure dressing