

# RANGER ULTRAS

## PENNINE BRIDLEWAY ULTRA CHALLENGE

### KIT LIST



#### PLEASE READ THE COMPLETE KIT LIST REQUIREMENTS CAREFULLY

April can bring periods of hot sunshine or more wintery weather and sometimes all four seasons in one day.

During the PBUC, you'll journey through a variety of environments, including field mosaic and more remote high moorland. Our priority when devising the compulsory kit list is that all participants carry a standard of equipment which they will require if they encounter less than optimum weather or become immobile and need to await rescue.

But is flexible enough that participants to choose lighter weight alternatives to some items in hot or mild weather to reduce the burden of their race pack. Participants are free to add further items, above what is specified in the kit list.

#### TWO LEVELS OF COMPULSORY KIT EXPLAINED

The kit list consists of:

List 1: Items which must be carried at all times irrespective of the weather

List 2: Items which may be carried or stored in drop bag for access at main checkpoints / swapped into race pack at a later stage.

Note: In poor weather conditions / deteriorating weather forecast the race safety coordinator may specify that any items on List 2 must be also carried. Then there will be a kit check on exiting the checkpoint. Athletes not having the compulsory kit will not be permitted to continue onto to the course.

For example: A bivvy bag must be carried at all times. But you may store your sleeping bag in your drop bag for access at main checkpoints. If intending to bivvy out on course, you may also choose to transfer your sleeping bag from your drop bag to your race pack at a main checkpoint for use on course.

#### DROP BAG

The items not required to be carried will be transported forwards to the next checkpoint in your drop bag. There is no access to your drop bag on the course in between checkpoints.

#### RACE NOTICEBOARD

At each checkpoint will be a notice board with:

- Weather forecast for the next 48 hours
- Any important notices affecting the course

#### EXITING EACH CHECKPOINT

For participants own safety and welfare, there will be a kit check of some or all compulsory items on leaving each checkpoint. A participant will not be allowed to proceed further if key safety items are not carried. It will be the participant's responsibility to source replacements for these key safety items. Don't forget to hand your drop bag to a member of the Checkpoint team.

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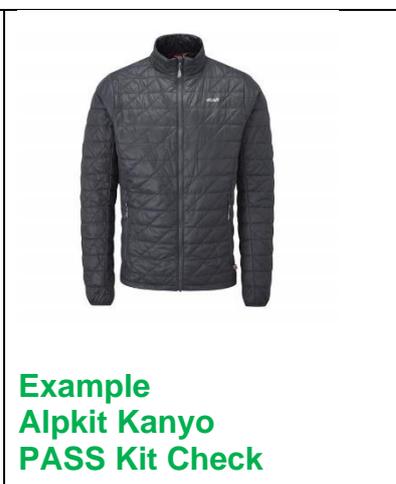
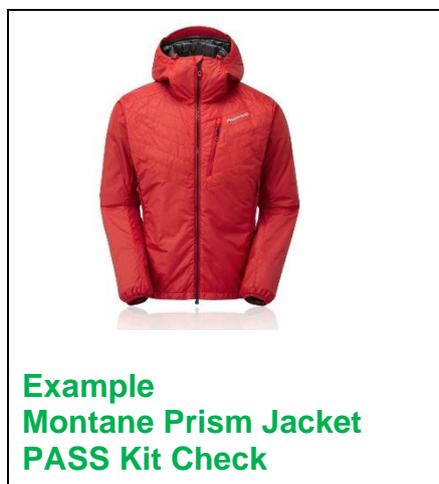
### KIT LIST



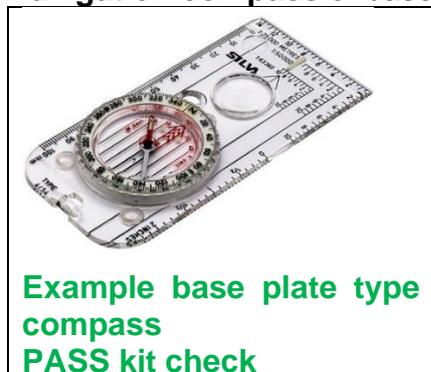
## LIST 1: COMPULSORY KIT LIST

### ITEMS TO BE CARRIED / WORN AT ALL TIMES / ALL WEATHER

- Race back pack
- Appropriate footwear for trail running / fastpacking
- Waterproof jacket with hood, taped seams (note minimalist ultra-light jackets are not a suitable choice for multi-day events in consistently poor conditions)
- Waterproof over trousers taped seams
- Thermal base layer
- Warm thermal jacket (long sleeve)



- Buff / neck gaiter
- lightweight beanie / skull cap
- lightweight gloves
- Race maps:
- (note: paper print outs must be waterproofed, either laminated or in waterproof map case)
- Navigation compass of base plate design with degrees



**NOTE:**  
Mobile phone app or watch compass is not an acceptable alternative to base plate navigation compass.

- GPS set up to show British National Grid. Note: You will be asked to show this set up at race registration. Please have this done in advance in order not to delay the registration process.
- Primary head torch with spare batteries
- Second head torch (mobile phone torch is not an acceptable alternative)

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 <p>Example PASS kit check</p>  <p>Example PASS kit check</p>	<p>Rechargeable head torch also acceptable. You must be satisfied that the endurance is sufficient.</p> <p><b>NOTE:</b> There are limited recharging points at Checkpoints. Hence, a power bank in your drop bag is also recommended.</p>	 <p><b>NOTE:</b> Petzl e-light or similar emergency micro torches are underpowered as a main head torch and will FAIL kit check.</p>
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- **Backlight**

 <p>Example PASS kit check</p>	<p><b>NOTE:</b> A separate RED backlight is still required even if your main head torch has a red back light.</p>	<p><b>NOTE</b> When used as a back-light a backup head torch must be able to show red light</p>
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- **Bivvy bag**

 <p>Example Alpkit Hunka PASS Kit Check</p>	 <p><b>NOTE: Emergency bivvy types will FAIL kit check Plastic bag bivvy types will FAIL kit check</b></p>	<p><b>NOTE:</b> Foil blanket is not acceptable and will FAIL kit check.</p>
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- **Whistle**
- **Platypus type reservoir and / or water bottles.** Minimum total combined capacity 3 litres.
- **Hill food** to sustain you until the next checkpoint. Note you must start the race and leave each checkpoint with a minimum 2000 Calories (including 1000 Calories of food types which are immediately consumable i.e not requiring heating or rehydration)
- **First aid kit** containing: One 5cm x 5cm wound dressing, one roll of tape or bandage, antiseptic spray / wipes, blister kit. Your regular prescription medication (these should be in original package and of a quantity sufficient for the period of the race. And declared on your entry form, in case of incident on the day).
- **Mobile Phone** (fully charged).

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- **Litter bag** to put all rubbish generated by yourself (you can empty rubbish bags at road checkpoints or HQ)

## LIST 2: COMPULSORY ITEMS TO BE CARRIED OR STORED IN DROP BAG FOR ACCESS AT CHECKPOINTS

- **Sleeping bag – minimum 2 season**
- **Sleeping mat**

<p><b>Length must cover your torso from your neck to knees</b>  <b>Any shorter and the mat will not pass kit check</b></p>	<p><b>Example</b>  <b>PASS kit check</b>  <b>Alpkit Airo 120</b>  <b>Alpkit Airo 180</b>  <b>Alpkit Numo</b>  <b>Closed cell foam mat</b></p>	<p><b>NOTE</b>  <b>Klymit type open frame mats will fail kit check</b></p> 
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- **Spare warm long sleeve mid-layer**
- **Long sleeve base layer**
- **Long leg base layer**
- **Winter warm hat**
- **Waterproof gloves / mitts**
- **Personal snacks and hill food for on-course later stages**

**NOTE:** This is the compulsory list. Athletes should add additional items / upgrade specification to suit according to their race strategy and experience.

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## ADDITIONAL NOTES – STOVES

From April 2021 a Public Space Prevention Order (PSPO) has been implemented by the Peak District National Park authority prohibiting the use of open flame devices within the national park. While primarily intended to prevent wildfire incidents caused by disposable barbecues and Chinese lanterns. The PSPO also includes gas, liquid fuel and solid fuel hexamine stoves. It remains in force for 3 years and applies to all seasons and weather conditions.

Therefore:

- Between the Start & CP1, participants should not carry or use a stove.
- CP1 up to A62 Manchester Road, participants should not use a stove.
- A62 to Kirkby Stephen, stove use is allowed, with care.

Alternatives to stoves:

- Many participants may wish to carry freeze dried / dehydrated ration packs which require water, preferably hot, to become palatable. Carrying a flask with hot water is a possible choice. Race checkpoint staff will fill your flask with hot water.
- Meal Ready to Eat (MRE) rations can be consumed hot or cold. Using a flameless chemical heater pouch will, if used correctly, warm up a ready to eat ration pack. The downside to MRE meals is that they are not as calorie dense as dried meals.

## OPTIONAL ITEMS

- Trekking / Nordic poles
- Hot drink flask