

RANGER ULTRAS

PENNINE BRIDLEWAY TRAIL CHALLENGE

PB137 & PB230 COMPULSORY 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 PB Trail Challenge, 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. For the welfare of the event team, 15kg is the maximum weight allowed for your drop bag. Drop bags will be weighed at race check in. Any bag over 15kg will be rejected.

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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LIST 1: COMPULSORY KIT LIST

We want your kit check to be as straightforward as possible, so you and the event team can get along with enjoying your trails adventure. Please take some time to familiarise yourself with the following kit check notes...

- Bring all of the compulsory kit to kit check, ready to show the team.
- Treat the kit list as the minimum standard rather than something to try and beat. It has been compiled with input from mountain professionals, mountain rescue and trail runners.
- Sorry, no kit = no start. We cannot make exceptions or exemptions to kit as this would then have to apply equally to everyone else and just make a mess of the whole process.
- There will be random kit checks on the course. Any competitor not carrying essential items of safety equipment will be disqualified from the race.
- All athletes must carry a paper copy map (no sharing) even if they are using GPX, Watch etc.
- No sharing of kit.
- Do check the weather forecast to ensure your waterproof and additional warm layers are sufficient for the conditions. Add clothing to your kit to suit the conditions.

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

- **Race back pack**
- **Appropriate footwear** for trail running / fastpacking
(100% road shoes / shoes with no trail grip, will fail kit check)
- **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
- **Wicking base layer** (not cotton)
- **Warm thermal jacket** (long sleeve)



Example
Montane Prism Jacket
PASS Kit Check



Example
Alpkit Kanyo
PASS Kit Check



Example
Rab Vapour Rise
Pile type jacket
PASS Kit Check

- **Buff / neck gaiter**

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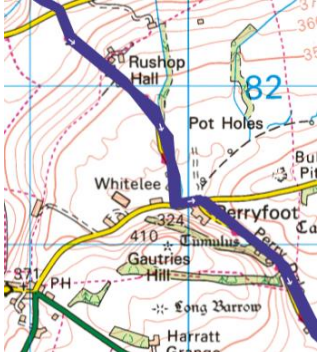

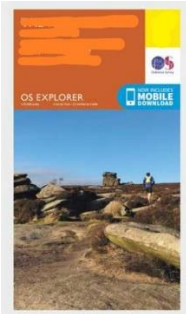

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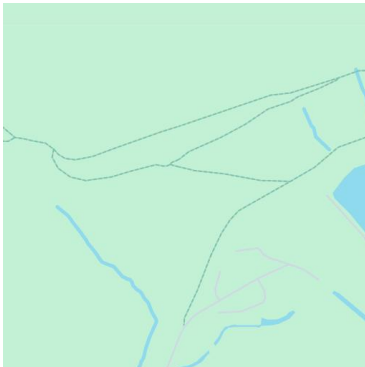
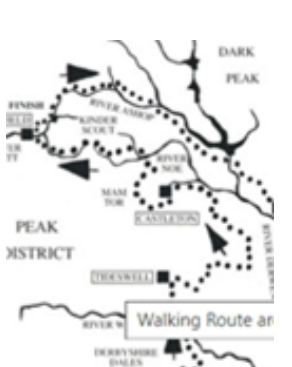
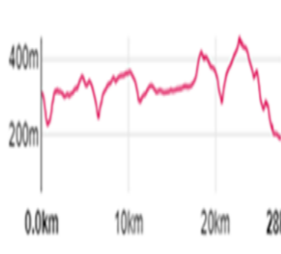


- **lightweight beanie / skull cap**
- **lightweight gloves**
- **Recommended Race Map:** Harvey Pennine Bridleway XT40
Also acceptable OS Explorer and self-printed Harvey / OS Explorer map
(note: if self-printing, these must be **waterproofed**, either laminated or in waterproof map case)

Examples of navigable mapping options which will pass kit check:

 <p>Eg: Ordnance Survey 1:50k. If home printed must be at 2cm = 1km</p>	 <p>Eg: Ordnance Survey 1:25k. If home printed must be at 4cm = 1km</p>	 <p>Eg: OS Explorer 1:25k Active (Waterproof) shop bought</p>	 <p>Eg: Harveys 1:40k or 1:25k Waterproof Shop bought</p>
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Examples of mapping which will fail kit check:

 <p>Open source mapping will fail kit check</p>	 <p>Google maps will fail kit check</p>	 <p>Sketch style maps will fail kit check</p>	 <p>Route elevation plots are not an acceptable substitute for a proper map</p>
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- **Navigation compass** of base plate design with degrees

 <p>Example base plate type compass PASS kit check</p>	 <p>Button compass or similar will FAIL kit check.</p>	<p>NOTE: Mobile phone app or watch compass is not an acceptable alternative to base plate navigation compass.</p>
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- **GPS** – Dedicated handheld GPS or watch GPS (A mobile phone is not an acceptable alternative). 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. Ensure you have spare batteries or charging bank in case of power failure on the trail.
- **Primary head torch** with spare batteries
- **Second head torch** (mobile phone torch is not an acceptable alternative)

 <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>NOTE: There are limited recharging points at Checkpoints. Hence, a power bank in your drop bag is also recommended.</p>	 <p>NOTE: 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>NOTE: A separate RED backlight is still required even if your main head torch has a red back light.</p>	<p>NOTE 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>NOTE: Emergency bivvy types will FAIL kit check Plastic bag bivvy types will FAIL kit check</p>	<p>NOTE: 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) with UK SIM card. Due to high charges, no Manx SIM or non UK territory SIM cards.
- **Litter bag** to put all rubbish generated by yourself (you can empty rubbish bags at road checkpoints or HQ)
- **Poop trowel** for responsible, respectful and discrete toileting away from buildings, farms, residences, gardens, water courses, reservoirs etc.

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

- Sleeping bag – minimum 2 season
- Sleeping mat

<p>Length must cover your torso from your neck to knees Any shorter and the mat will not pass kit check</p>	<p>Example PASS kit check Alpkit Airo 120 Alpkit Airo 180 Alpkit Numo Closed cell foam mat</p>	<p>NOTE Klymit type open frame mats will fail kit check</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
- Clear goggles to be carried when adverse wind, rain and hail are forecast
- Hot drink flask (min 0.3 litre) OR stove (ref note on stoves below)

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

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 and applies to all seasons and weather conditions.

Therefore:

- From Edale up to A62 Manchester Road, participants should not use a stove.
- A62 to Kirkby Stephen, stove use is allowed, with care.

If using a stove, included in the kit check will be:

- Primary and back-up method of lighting your stove
- Fuel cannister
- Pan and mug (may be part of stove cooking system eg: Jetboil)

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- Note: Hexamine, solid fuel and any home-made types of stove are not acceptable and will not pass kit check.

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 staff at Indoor Checkpoints 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
- Back up pair of prescription reading / distance glasses, spare contact lenses

ADDITIONAL BLOG READING

<https://stuwestfield.blogspot.com/2015/10/018-hill-food-on-test-rehydrated-wet.html>

<https://stuwestfield.blogspot.com/2022/05/064-ranger-ultras-footwear-and-kit.html>