ITEM	COMPULSORY					RECOMMENDED					PENALTY	COMMENT
	UTD160	UTD100	GCU65	SDR36	DRJ25	UTD160	UTD100	GCU65	SDR36	DRJ25		
Running top											30 min	
Race number											30 min	Must be visible at all times
Cup											30 min	UTD is cup free
Whistle & space blanket											30 min	
Charged cell phone											60 min	
Headlamp with spare set of batteries											60 min	350 lumens in good working order
Emergency rations											30 min	250 calories. To be used in emergency only
Waterproof jacket with hood											30 min	Not water resistant. Must have sealed seams
Buff											15 min	2/3 recommended for UTD160/UTD100
Running pack with 2I water capacity											30 min	
Running pack with 1.5I water capacity											30 min	
Cap/hat/visor											15 min	Sunstroke at altitude is a reality
Long sleeved base layer											30 min	Not lycra or cotton. Must be thermal
Thermal leggings											30 min	Not lycra or cotton. Must be thermal
Waterproof pants											30 min	Not water resistant. Must have sealed seams
Gloves											15 min	Ideally thermal and waterproof
Beanie											15 min	
GPS device with course loaded											60 min	Batteries must have capacity to last the event
Medical equipment											30 min	Bandages, strapping, plasters, antiseptic cream
Additional headlamp											30 min	350 lumens in good working order
Two ziplock bags (30x15)												Protection of devices from rain & rivers
Running poles												
Spare pair of socks												