

# KIT LIST

Here's what we'd recommend you bring to any XNRG race, with links kindly provided by our sponsors to help you prepare:

- ❑ [Trail running shoes or walking boots](#)
- ❑ [Suitable running / walking clothing](#)
- ❑ [Minimum 500ml capacity water bottle or water hydration pack](#)
- ❑ [Cup for water / coke or tea / coffee](#) – we do not provide plastic cups anymore
- ❑ [Hydration tablets](#)
- ❑ [Nutrition](#) - check out our 2021 sponsors [Nine Bar](#)
- ❑ [Long trousers / leggings](#)
- ❑ [Thermal top](#)
- ❑ [Warm hat / Buff or gloves](#)
- ❑ [Waterproof jacket with 20/20 taped seams](#)
- ❑ Whistle
- ❑ [Emergency silver blanket](#)
- ❑ Mobile phone, fully charged and with an ICE (in case of emergency) saved in your contacts
- ❑ [Head torch and spare batteries](#) (absolutely vital)

*Optional – your own map of the route or area covering the event e.g. a map of the Ridgeway.*



# RECOMMENDED OVERNIGHT KIT

If you're staying overnight at one of our races, here's what we recommend you pack:

- Sleeping mat or camp bed (you can hire a camp bed, just book it through the online entry page)
- Sleeping bag
- Comfortable clothing to relax in
- Wash kit and towel (showers available)
- Ear plugs and eye mask
- Phone/GPS charger
- Change of running clothes
- Foot care kit
- Money for drinks and snacks

