



2023 SPINE SUMMER RACES KIT REQUIREMENTS (FULL, CHALLENGER NORTH, SOUTH AND SPRINT EVENTS)

SECTION 1: COMPULSORY KIT LIST.

Including some examples of kit that will pass and fail and some recommendations.

SECTION 2: RECOMMENDED KIT

Kit that we recommend that you consider carrying. Especially if you intend to sleep away from checkpoints.

This includes reminders for Drop Bag Kit Items we regularly see forgotten.

SECTION 3: CLARIFICATION NOTES

To provide clearer detail and directions on the standards and reasons for those standards on certain items.

SECTION 4: KIT CHECKS

Clear procedures for the pre-event kit check.

SECTION 5: MISSING KIT PENALTIES AND PROCEDURES

Clear procedures and penalties for lost, missing, or damaged kit during the event.



COMPULSORY EQUIPMENT (SECTION 1)



All the items in the compulsory table must always be worn or carried during the event. These items are all required for your safety and to ensure you have the correct equipment to enable you to complete the event in all conditions. Any missing items will incur a penalty as described in **Section 5**.



This list is the minimum mandatory kit required for the race, you may carry any additional kit you require or wish to for your own comfort. We recommend you carry additional warm dry clothing in poor weather and protect items in your backpack with drybags or similar.





If after reading this, you are unsure if an item of compulsory kit passes you can email lindley@thespinerace.com for further clarification.





It is assumed you are wearing as a minimum Shorts/trousers and T-Shirt or other top and bottom body clothing to start the race – All these compulsory items are in addition to the layers you start the race in. *i.e.* you can't claim your base layer top is what you start in as well as your spare.

ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	CLARIFICATION NOTES
1 BACKPACK	Any suitable Backpack capable of carrying all the compulsory equipment as well as any additional items you wish to carry during the race.			Pack must be in good condition
2 COMPASS	<p>A baseplate magnetic compass capable of being placed on a map and a bearing being taken. Compasses on Phones, Watches, GPS devices or other electronic compasses are NOT accepted.</p> <p>Compasses without Degrees/Mills marked are NOT allowed.</p>			<p>See Note 1</p> <p>This is considered a RED item if you have no GPS device or other type of Compass</p>
3 MAPS	<p>Maps for the entire course you are running, Spine, Challenger or Sprint. Waterproof Paper/Maps or in a waterproof case.</p>	<p>Harvey Maps x 3 (North/Central/South) or North and South if newer style</p> <p>A-Z Adventure Map series Pennine Way (North/South)</p> <p>Walking the Pennine Way Cicerone booklet</p> <p>UK OS Maps cut and laminated</p>	<p>Maps not on waterproof paper or protected by a waterproof case</p> <p>Maps printed from google with no grid squares.</p> <p>Maps in a scale too small to be read easily.</p> <p>Maps that don't cover your entire race route</p>	<p>You only need to carry the maps for the section you are on at that time, The rest can be in your drop bag.</p> <p>This is considered a RED item if you have no GPS device or other type of Maps</p>

ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	CLARIFICATION NOTE
4 KNIFE	Short single blade knife with a 3cm or longer blade for cutting open food packets and making small repairs.	Single blade penknife or similar	Scissors, clippers or spork with knife edge etc	Scalpels and razors with a handle or Stanley type blades are allowed but must be taped to prevent self injury.
5 WHISTLE	Whistle for signalling help, can be the one on your backpack if present.			
6 Goggles or Safety Glasses	<p>Clear goggles or safety glasses for eye protection from wind and debris. Ski goggles or safety glasses that seal around the eyes are acceptable. Must have a strap around the head to help keep them secure</p> <p><i>Regular prescription glasses or sunglasses are not allowed. You can get goggles that fit over prescription glasses if needed.</i></p>		<p>Any tint is a Fail Swimming goggles are a fail Sunglasses are a fail, Reading glasses are a fail Anything that does not seal around the eyes is a fail</p> 	<p><i>You may carry and wear sunglasses or your own prescription glasses but always have goggles/safety glasses carried at all times.</i></p> <p>This is considered a RED item in high bad weather.</p>




ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	CLARIFICATION NOTE
7 HEAD TORCH	Head torch bright enough for night-time running on Trails – Minimum 100 Lumens. With spare batteries or second back up Head Torch	100 Lumens Minimum Chest Torch is acceptable	Phone Torch or small Head Torch less than 100 Lumens – Hand Torches are Not Acceptable as they don't allow hands free tasks. Any back up or second headtorch must also meet the 100 Lumens requirement	Rechargeable Head Torches must operate while charging or you will need a second Head Torch to use whilst it's charging. This is a red Item at night
8 WATERPROOF JACKET	Waterproof Jacket with hood and fully taped seams. Paramo/Buffalo not allowed 10,000mm Hydrostatic Head minimum.		Paramo Buffalo Non taped seams or non hooded Jackets	SEE NOTE 2 This is considered a RED item in high bad weather.
9 WATERPROOF TROUSERS	Waterproof Trousers with fully taped seams. Paramo not allowed		Paramo Non Taped Seams trousers.	SEE NOTE 2 This is considered a RED item in high bad weather.



ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	CLARIFICATION NOTE
<p>10 HAT</p>	<p>Warm Hat, natural or synthetic fibre. Must cover the whole head down to and over the ears.</p> <p>Standard baseball caps are not allowed. Warm hats with a peak are allowed.</p>			<p>This is considered a RED item in high bad weather.</p>
<p>11 GLOVES</p>	<p>Warm Gloves x 2 pairs with at least one pair being waterproof. 1 pair must have fingers Warm gloves and waterproof over mittens are permitted</p> <p><i>1 pair of gloves with fingers minimum is so you can do basic dexterity tasks such as buckles without exposing fingers in cold/wet weather</i></p>		<p>Non warm or waterproof gloves. Gardening rubber gloves and similar builders type are NOT allowed</p>	<p>This is considered a RED item in high bad weather.</p>
<p>12 SPARE SOCKS</p>	<p>1 Pair of Spare Dry Socks</p>	<p>Should be the same size and standard as your regular worn socks.</p>	<p><i>No smaller or lighter socks or kids socks to save weight.</i></p>	
<p>13 NECK GAITER</p>	<p>Neck Gaiter/Tube Scarf or similar</p>			




ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	CLARIFICATION NOTE
14 SPARE BASE LAYER TOP	Long Sleeve base layer top natural or synthetic fibre. Additional to clothing you start the race/leg in.			SEE NOTE 3
15 SPARE BASE LAYER BOTTOMS	Full length base layer leggings. Additional to clothing you start the race/leg in. No ¾ length leggings, full coverage required.			SEE NOTE 3
17 SPARE COLD WEATHER MID LAYER	Additional Layering for cold weather conditions. Minimum 1 item such as a fleece or synthetic/Down jacket or mid layer long sleeve top/Fleece	Any warm long sleeve top or thermal jacket	Gillet's and Short sleeve items not allowed as they don't give full coverage – Must be warmer than simply another lightweight baselayer	This is considered a RED item in high bad weather.
16 APPROPRIATE FOOTWEAR	Appropriate Footwear for winter trail/mountain running/walking.		Very worn shoes or those with tears in the fabric.	



ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	CLARIFICATION NOTE
<p>17 MEDICAL KIT</p>	<p>Personal Medical kit to include a minimum of:</p> <ul style="list-style-type: none"> • Foil/Emergency Blanket (full size). • Plasters/Dressings sufficient to self-treat minor cuts and scrapes. • Antihistamine 1 a day tablets x 2. <p>Loratadine/Cetirizine Hydrochloride or other over the counter or prescription medication but avoid anything that may cause drowsiness such as Chlorophenamine (Piriton brand).</p> <ul style="list-style-type: none"> • Loperamide (Imodium or generic brand) x4 • Antiseptic Spray or wipes for cleaning of minor cuts and scrapes • Personal blister care kit - a roll of K-tape(or equivalent brand) and 2 green hypodermic needles per runner as a minimum plus whichever foot care treatment you usually use for your feet plus a small pair of scissors for cutting the tape. • Any regular personal medications – in original packaging or labelled clearly and please ensure you have added these medications to your medical form so medics are aware. • Personal painkillers - Paracetamol is preferred (within advised dosages). Ibuprofen and other Non Steroidal Anti Inflammatories are advised not to be carried due to the risks associated with endurance activities. <p>You must always carry 48 hours' worth of any personal medication and inform medics via your medical form of any ongoing treatments or regular medications</p>	<p>Missing any items from the kit is a fail unless you have been given an exemption by Lindley. Such as an allergy to a product or medicine.</p>	<p>Whilst medics are available at checkpoints for medical provision, please do not rely on them for basic foot care or minor cuts and scrapes as they may be busy or unavailable due to an emergency. Plan to be self-reliant for footcare and carry the relevant tape, dressings and learn the skills to be able to take care of yourself if required. Carry spare rolls of tape, blister care supplies and medications in your drop bag to top up or use in checkpoints. Medics will assist and support where and when they can but cannot be guaranteed to be available at all times and locations.</p>	<p>Foil blanket in medical kit is in addition to any bivvy carried and must be a blanket not a foil bivvy.</p> <p>You do not have to carry the whole roll of tape with you at all times but it must be in your drop bag for use at checkpoints and you must have sufficient on the trail to treat your own feet as needed.</p>

ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	CLARIFICATION NOTE
<p>18 SHELTER</p>	<p>Minimum Requirement is a Bivvy Bag (<i>You may carry a tent if you wish but if you carry a tent you must also have an Emergency Bivvy</i>).</p> <p>The Bivvy bag must be a waterproof bivvy bag with taped seams made from a material such as Gore-Tex, Event, or similar waterproof membrane.</p> <p>Note – The SOL emergency Bivvy, Blizzard or LifeSystems Thermal bag or similar are no longer accepted, these emergency Bivvy bags are not suitable for multiple use.</p> <p>Single layer plastic, single use survival bags and foil blankets are also not acceptable.</p>		 	<p>See Note 4</p>
<p>19 3L WATER CARRYING CAPACITY</p>	<p>You must have the ability to carry a least 3L of water</p>	<p>Bladder/Reservoir or bottles or any combination.</p>		<p>It is up to you how much water you carry at any time but you must always have 3L capacity.</p>

ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	CLARIFICATION NOTE
<p>20 Food</p>	<p>Challenger and Sprint - 1500kcal of food from the start Spine Race/North Race – 1500kcal from the start and from CP3/1 and CP5/3 where you must start with another 1500kcal.</p> <p>This food can be eaten along the route during the race.</p> <ul style="list-style-type: none"> • Max 250 Kcal from powders such as Tailwind • Max 500 Kcal from dehydrated/Freeze Dried food • Minimum of 750 Kcal from ready to eat foods. 		<p>Single food source, for example carrying only nuts.</p> <p>Lack of ready to eat foods</p> <p>Reliance on food that requires heating or additional water supplies such as dehydrated foods or powdered/Liquid calories.</p>	<p>See Note 5</p>
<p>21 Mobile Phone</p>	<p>Working mobile phone capable of making and receiving calls in the UK With charging ability at checkpoints and on the trail.</p> <p><i>(Charging ability defined as a minimum of a USB charging lead must be carried with you)</i></p>	<p>Must be able to make and receive calls in the UK – Not just emergency Calls.</p>	<p>No Tiny phones, Must be able to dial numbers using a bare finger and the screen must be large enough to read a regular text message or see a full number across the screen.</p>	<p><i>We will ask you to turn it on at kit check and show it works in the UK</i></p>
<p>22 Mug</p>	<p>You must have a solid non-foldable plastic or metal cup It must be at least 400ml capacity. Soft Handles on Jet boil style mug are ok</p>		<p>Anything without a fixed handle or home made.</p>	

ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	CLARIFICATION NOTE
<p>23 Rear Red Pack Light</p>	<p>Small LED rear light visible at all times on the rear pack of the participant at night</p>	<p>Any small flashing or solid LED light such as a bike style red led light or similar running red light able to be attached to the rear of the pack.</p> 	<p>Headtorch mounted lights.</p>  <p>Any other colour than red.</p>	
<p>24 Toilet Kit</p>	<p>You must always carry a toilet kit consisting of</p> <ul style="list-style-type: none"> • Small Shovel/Trowel to dig a hole • 3 Poo bags for removing paper/waste if burial is not appropriate • Packet of Tissues 		<p>Baby wipes are not a pass as they should not be buried or disposed of on the trail as they do not degrade fast enough to Leave no trace.</p>	



SECTION 2: RECOMMENDED KIT AND DROP BAG ITEM REMINDERS

These items are recommended on top of the compulsory items above, especially in poor weather or intend to sleep on the trail often.

ITEM	WHY THE RECOMMENDATION
GPS DEVICE	Even the best navigators with a map and compass will find it difficult when bad weather comes in and when tired and wet it's much harder to concentrate and focus on a map. A GPS watch or handheld device will make navigation much easier in all conditions.
SLEEPING BAG	<p>If you are planning on regularly sleeping out on the course a sleeping bag will dramatically increase your chances of getting some decent sleep especially in poor weather.</p> <p>Also in an emergency it will keep you warmer especially if wet and cold.</p> <p>A simple lightweight sleeping bag such as a 10c rated bag would be fine.</p>
SLEEPING MAT	<p>A mat like a sleeping bag will make a significant difference to the quality of sleep you get if you sleep out on the course, especially in terms of comfort and insulation for damp or cold ground.</p> <p>Even used on its own inside a bivy bag it will increase comfort and insulation.</p>
SPARE BATTERIES	<p>Cold and wet can affect the battery life quite severely.</p> <p>It can reduce batteries lifespan by up to 50% so consider more batteries than you would normally.</p>
ADDITIONAL FOOD	<p>If you are slowing down or the weather is poor then consider additional easy to eat foods.</p> <p>Food that's easy to eat and carry.</p>
CP TOWEL AND FOOTWEAR	<p>Many runners have finished or had access to showers at CPs but no towel.</p> <p>Footwear like slippers, Crocs or Slides as walking around CP's barefoot is not recommended</p>
CHARGING PLUGS AND BATTERY BLOCKS FOR DEVICES	<p>Not all CP's may have Charging facilities or be too busy to access them.</p> <p>It's also been known for charging leads/plugs to be lost on the trail or fail so having spares is prudent.</p>



CLARIFICATION NOTES (SECTION 3)

This section provides additional clarification on Items from the compulsory kit list where required.

WEARING OR CARRYING ADDITIONAL EQUIPMENT: In addition to carrying all of the COMPULSORY EQUIPMENT you may wear, carry or use any additional clothing or equipment you wish during the race, this includes things like Paramo or Buffalo clothing.

CLARIFICATION NOTES:

1 COMPASS: Your compass must be a baseplate compass capable of being placed on a flat map and have markings on it so you can take and travel on an accurate bearing. In very poor weather it may be necessary to travel on a bearing and a compass with no markings or only colours will not be able to perform this task. Your compass must be independent of any electronic device and big enough for sight without glasses or through goggles so small thumb and keyring type compasses are also not allowed. Orienteering Compasses with colours and no Degrees marked are not acceptable.

2 WATERPROOF JACKET AND TROUSERS: These must have fully taped seams with a hood on the Jacket, with a HH (Hydrostatic Head) rating of 10,000mm or above. Gore-Tex and similar fabrics pass rigorous tests to get that rating and this ensures a clear quality standard.

Clothing Systems like Paramo and Buffalo are excellent and very good for these types of events. However, where both those types of systems don't perform as well is in an emergency, where you are sitting still in poor weather or moving slowly during high winds with lots of rain. These systems work on a layering system that relies on body heat and high breathability to keep you dry. In cold wet conditions especially in high winds or while not moving they will not always keep you dry to the same standard as a hard-shell waterproof. Therefore, we insist on taped seam waterproofs. You may wear paramo or buffalo but must always carry the correct waterproofs from the compulsory list.

3 ADDITIONAL BASE LAYER AND MID LAYER: You will start the race or leave a CP in the appropriate clothing for your current temperature, at the start you will be warm and dry and comfortable. You will be well rested and not tired, as the race progresses you will get cold and wet and more tired. This will mean you will have more difficulty regulating your body temperature. We insist you leave the start and the Checkpoint Locations with additional base layers top and bottom. This will ensure you have the right equipment to keep you warm in the race through all conditions. If you are aware you are susceptible to cold and wet or feel cold when leaving a location then we advise to carry additional layers above this requirement.



4 SHELTER: We recommend a breathable Bivvy bag made from Gore-Tex or similar waterproof fabric. The shelter should be reusable and durable enough to be used more than once on the event. It must be waterproof and have fully taped seams.

We will no longer accept the SOL/ LifeSystems/Blizzard Emergency Bivvy type bag, it is not as durable as a proper bivvy bag. Single layer plastic bags and blankets are not acceptable.

5 FOOD: You need to carry a minimum of 1500Kcal from the Start, CP3 and CP5 on the Full Spine or just from the Start on Challenger or Sprint races. We will now allow powdered nutrition such as Tailwind to count towards your calorie total but only in small amounts due to the amount of water required to rehydrate it and make it useful. We are also limiting the amount of dehydrated meal calories as stoves are not compulsory on the summer races and in the past we have seen people carry no stove to heat water and make those meals useful. We do note they usually intend to use hot water from others such as monitoring points along the course, but these are not reliable. To that end we have increased the total calories to be carried and limited the number of calories by type.

Total calories carried from points locations listed above

Powdered nutrition such as Tailwind – Max 250Kcal can count towards the required total

Dehydrated/Freeze Dried Meals – Max 500Kcal can count towards the required total

Ready to eat foods that require no preparation – A minimum of 750Kcal must be carried

You can of course carry more of any of these food sources but must comply with those minimum guidelines above.

FURTHER CLARIFICATION

If you wish further clarification on any item of kit or wish to check if something is suitable then email lindley@thespinerace.com



KIT CHECKS AND PENALTIES (SECTION 4)

KIT CHECK – PRE-RACE

To ensure everyone is carrying the correct kit and to ensure fairness to all racers there will be a kit check at registration, it will follow the below procedure.

You will get your kit checked before you are able to register, the kit checker will check a random set of items from a written list. Some racers will receive full kit checks and some will receive checks on a minimum number of items. Who gets what checked will be purely random based on what is on the sheet. If you forget any item or any item is not suitable then you may get upgraded to a full kit check.

Once all your items are checked satisfactorily you will be allowed to proceed to the registration desk.

If you fail the kit check you will be asked to return ASAP with the correct items and you will not be allowed to register until you have passed the kit check so that you cannot collect a number or tracker without us confirming you have passed on all items. If you must return before the race with missing items, you will not get to register till then.

We will keep written copies of all kit checks including your signature on the bottom of the sheet to confirm you were checked should any dispute about kit occur at on course kit checks.

If we allow any borderline items to pass, or we fail any contentious items, we will record those including a description or photo of the item in question for future reference. This will clear up any disputes on the course quickly.

ON COURSE AND CHECKPOINT KIT CHECKS

At any point on the course or at the checkpoints, safety staff can ask for a selection of items from the compulsory list to be shown. These will usually be requests to ensure you are carrying critical safety equipment during poor weather or on higher risk areas of the course. If you are missing an item of kit the procedures in section 5 below will be applied.



MISSING KIT PENALTIES AND PROCEDURES (SECTION 5)

The Spine races are self-sufficient adventure races and as such it is strongly emphasised that the competitor is responsible for ensuring they always have the right kit during the event. This includes protection from loss or damage whilst out on the trail.

It would be prudent to carry spares of easily lost or damaged items such as Goggles, Gloves, Hats and other smaller items in your drop bag to cover those possible losses and ensure your kit is sufficiently robust to survive the event.

The event is under no obligation to source, loan or supply in any way any items of lost kit so you can continue your participation in the event.

However, in the spirit and nature of the race we understand fellow competitors, race staff and volunteers will do all they can to help you continue your journey. They do so as an individual arrangement with no obligation or expectation.

If you are found to be missing kit at any point on the course or at a Checkpoint location, you will be subject to the penalties and procedures listed below without exception.

There are 24 items on the compulsory kit list, and they have been separated into 3 colour coded types. This is shown by the colour of the background on the kit list above.

- **Green List** - Compulsory but not safety critical. You will incur a **30-minute** time penalty but be allowed to continue without it and should make efforts to replace at the next CP. If these items are not replaced a new penalty will be applied at each check until the item is replaced.
- **Amber List** - Safety items but not normally considered critical if at an on-course check, you may be allowed to proceed to the next checkpoint but you will not be allowed to continue past there until it is replaced. You will incur a **1-hour** time penalty.
- **Red List** - Critical Items, these are safety items that you will not be allowed to continue without at any point along the course. These items are not easily lost or damaged and if you need them in an emergency, not having them presents a clear risk to your safety. If you are at a CP you will receive a **3 hour** time penalty and cannot continue until it is replaced. If you are at an on-course kit check it is unlikely it can be replaced at that point and you may be disqualified from the event for your own safety.

Please note all time penalties will be applied when possible to your time during the race but in some circumstances, this may be post-race, particularly if penalties are incurred in the latter stages of the event. A record of all time penalties will be kept by HQ and the Kit Manager (Lindley – Lindley@thespinerace.com) and all decisions by the Kit Manager or the HQ team will be final.



MISSING KIT PENALTIES AND PROCEDURES (CONT)

If time penalties are applied to your race time, you will not be held at any point unless you are still missing that item of kit from the **AMBER** or **RED** list.

If you receive a time penalty or are held at a location whilst waiting for replacement kit and this means you are now past the cut off time for that CP location you will be considered to be timed out of the race and cannot continue.

As you can see below depending on weather conditions or circumstances some items importance can be raised to a **RED** critical level at the discretion of the Kit Manager or HQ Team.

You will be made aware of the weather and forecast at each CP location and can easily judge for yourself which items will have a raised status from the list below.

Multiple Missing Items

If you are missing multiple items of kit at kit check or are found to be missing items of kit at multiple kit checks along the route the race reserves the right to issue a warning or disqualify the competitor depending on the severity or frequency.

Accidental loss v Deliberate.

Over the years some competitors have chosen to leave kit behind or not carry compulsory items, thankfully this is a rare occurrence but can cause serious safety concerns. The race reserves the right to disqualify any competitor who has been found to be deliberately carrying less than the compulsory kit list.

For any clarification on this kit list document please email lindley@thespinerace.com