



ISSUE DATE 06.02.23 - THERE MAY BE UPDATES AT ANY TIME UPTO YOUR RACE. IF THIS HAPPENS YOU'LL BE INFORMED AND A NEW KIT LIST ADDED TO YOUR PORTAL

2024 SPINE WINTER RACES KIT REQUIREMENTS

(FULL, CHALLENGER SOUTH, NORTH AND SPRINT EVENTS)

SECTION 1: COMPULSORY KIT LIST.

Including examples of kit that will pass and fail and minimum standard requirements.

SECTION 2: CLARIFICATION NOTES

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

SECTION 3: KIT CHECKS

Clear procedures for the pre-event and during race kit checks.

SECTION 4: 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 following 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. This list is not negotiable and if checked at any point on the course or at a checkpoint any missing items will incur a penalty as described in **Section 4**



This list is the minimum mandatory minimum 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 multiple 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.

STARTING CLOTHING





It is assumed you are starting in Socks, Underwear, top and bottom layers ready to race and the compulsory kit clothing is additional to those items.



i.e you can't claim that the layers you are wearing to start the event are your items from the compulsory list. You cannot use 1 Item of clothing as two Items such as using waterproof trousers with a warm lining as your waterproof layer and base layer. Each item must do a separate role.




ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
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.			<i>We recommend using a single big drybag and then multiple drybags for your kit inside. Single drybags are less effective in extreme wet weather</i>	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 and any electronic compasses are NOT allowed.</p> <p>Compasses with only colours or without Degrees/Mils marked are NOT allowed</p>				See Clarification Note 1








ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
3 MAPS	<p>Maps for the entire course of your race, Spine, Challenger South, North or Sprint. Waterproof paper or in a waterproof case. Maps must have grid squares and be of a sufficient size to be readable.</p>	<p>Harvey Maps x 2 (North/South) or 3 (N/C/S) if older versions</p> <p>A-Z Adventure Map series Pennine Way (North/South)</p> <p>Walking the Pennine Way Cicerone book</p> <p>UK OS Maps cut and laminated</p> <p>You only need the ones that cover your race distance</p>	<p>Maps not waterproof or protected by a waterproof case.</p> <p>Maps printed from google with no grid squares. Maps in a scale too small to be read easily.</p> <p>Maps that don't cover your entire race route</p>		<p>You must show all maps at kit check but are only required to have the map for each section on you at any time.</p> <p>You do not need to carry the full route at all times</p>
4 KNIFE	<p>Short single metal bladed knife with a 3cm or longer blade for cutting open food packets and making small repairs.</p>	<p>Single blade penknife or similar</p>	<p>Scissors, clippers or spork with knife edge etc.</p>		<p>Scalpels and razors with a handle or Stanley type blades are allowed but must be taped to prevent self injury.</p>

ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
<p>5 GPS DEVICE</p>	<p>Dedicated Handheld GPS device capable of displaying a route/track and showing current location as a British National Grid (BNG) Reference. Wrist Mounted devices such as Garmin or Suunto watches or Mobile Phone Apps are not allowed.</p>			<p>Know how to get a grid reference and display a route, you will be required to demonstrate this at kit check.</p>	<p>See Clarification Note 2 You will need to demonstrate you can get a grid reference and display the route at kit check.</p>
<p>6 WHISTLE</p>	<p>Whistle for signalling help, can be the one on your backpack if present.</p>				<p>Must work and will be tested at kit check</p>
<p>7 GOGGLES</p>	<p>Clear goggles/Safety glasses for eye protection from the wind and debris. Ski/safety style goggles or safety glasses that seal around the eyes are acceptable. Must have a strap around the head to help keep them secure Regular prescription glasses or sunglasses are not allowed.</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>If using safety glasses like the Bolle Tracker you must use the straps provided to secure to your head.</i></p>	<p>See Clarification Note 3</p>

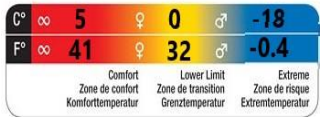


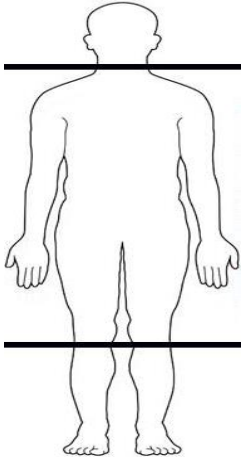
ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
8 HEAD TORCH	Head torch bright enough for night-time running on Trails – Minimum 100 Lumens. With spare batteries or second back up Head Torch	100 Lumens Minimum Chest Torch is acceptable	Phone Torch or small Head Torch less than 100 Lumens – Hand Torches are Not Allowed as they don't allow hands free tasks	<i>We recommend a second basic headtorch to assist with changing batteries or in case of main light failure</i>	A battery bank does not count as spare batteries as most headtorches cannot be used or worn whilst charging
9 WATERPROOF JACKET	Waterproof Jacket with hood and all seams fully taped Paramo/Buffalo not allowed 10,000mm Hydrostatic Head minimum.		Paramo Buffalo Non taped seams or non hooded Jackets	<i>Heavier duty jackets recommended as lightweight jackets lack durability in extreme conditions</i>	See Clarification Note 4
10 WATERPROOF TROUSERS	Waterproof Trousers with all seams fully taped.		Paramo Non fully Taped Seams trousers.	<i>Heavier duty waterproof trousers recommended as lightweight trousers lack durability in extreme conditions</i>	See Clarification Note 4



ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
11 HAT	Warm Hat, natural or synthetic fibre. Must cover whole head down to ears. Standard baseball caps are not allowed. Warm hats with a peak are allowed.				
12 GLOVES	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		Non warm or waterproof gloves. Gardening, Surgical or rubber work type gloves and similar are NOT allowed		1 pair of gloves with fingers minimum so you can do basic tasks such as buckles/zips without exposing fingers
13 SPARE SOCKS	1 Pair of Spare Dry Socks	Should be the same size and standard as your regular worn socks.	<i>No smaller or lighter socks or kids socks to save weight.</i>		




ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
14 NECK GAITER	Neck Gaiter/Tube Scarf or similar Balaclava's allowed but cant count as your hat and neck gaiter.				
15 SPARE BASE LAYER TOP	Long Sleeve base layer top natural or synthetic fibre. Additional to clothing you start the race/leg in. No short sleeves			We recommend these are warm winter weight items and not just the thinnest summer base layers possible to reduce weight.	See Clarification Note 5
16 SPARE BASE LAYER BOTTOMS	Full length base layer leggings. Additional to clothing you start the race/leg in. No ¾ length leggings, full ankle to waist coverage required.			We recommend these are warm winter weight items and not just the thinnest base layers possible to reduce weight.	See Clarification Note 5


ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
17 SPARE COLD WEATHER MID LAYER	Additional Layering for cold weather conditions. Minimum 1 item such as a fleece or synthetic/Down jacket or winter mid layer long sleeve top	Any warm winter long sleeve top or thermal jacket such as a down jacket.	Gillet's and Short sleeve items not allowed as they don't give full coverage		See Clarification Note 5
18 APPROPRIATE FOOTWEAR	Appropriate Footwear for winter trail/mountain running/walking.		Very worn shoes or those with tears in the fabric.	<i>Very worn shoes with worn out tread or upper not recommended</i>	
19 ICE SPIKES	<p>Ice spikes/traction aids for additional grip on icy surfaces. To attach to footwear.</p> <p>Shoes with spikes as part of the sole do not pass, you must always have additional spikes.</p> <p>Nanospikes are not suitable and don't offer enough contact area on snow or icy surfaces.</p> <p>Micro spikes or Yaktrax coils are acceptable.</p>			Yaktrax pro coils are recommended as they offer the best balance between surfaces and work on transitions between ice and non-ice surfaces without needing constant removal.	


ITEM	SPECIFICATION	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
20 MEDICAL KIT	<p><i>Personal Medical kit to include a minimum of:</i></p> <ul style="list-style-type: none"> • <i>Foil/Emergency Blanket (full size).</i> • <i>Plasters/Dressings sufficient to self-treat minor cuts and scrapes.</i> • <i>Antihistamine 1 a day tablets x 2. Loratadine/Cetirizine Hydrochloride or other over the counter or prescription medication but avoid anything that may cause drowsiness such as Chlorophenamine (Piriton brand).</i> • <i>Loperamide (Imodium or generic brand) x4</i> • <i>Antiseptic Spray or wipes for cleaning of minor cuts and scrapes</i> • <i>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.</i> • <i>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.</i> • <i>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.</i> <p><i>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</i></p>	<p>Missing any items from the kit is a fail unless you have been given an exemption by Lindley.</p> <p>Such as an allergy to a product or medicine.</p>	<p><i>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.</i></p> <p><i>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.</i></p> <p><i>Carry spare rolls of tape, blister care supplies and medications in your drop bag to top up or use in checkpoints.</i></p> <p><i>Medics will assist and support where and when they can but cannot be guaranteed to be available at all times and locations.</i></p>	<p>Foil blanket in medical kit is in addition to any bivvy carried and must be a blanket not a foil bivvy.</p>




ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
<p>21 SLEEPING BAG</p>	<p>Sleeping bag with Hood “Comfort Limit” or “Lower Limit” or “Transition” Rating of 0C or colder. EN/ISO rating or Manufacturers ratings on labels are accepted. No EN/ISO rating may be a Fail and should be checked with Lindley.</p>	<p>EN 13537 TESTED</p>  <p><small>Comfort: Based on a standard woman having a comfortable nights sleep. Lower Limit: Based on a standard man as the lowest temp. to have a comfortable nights sleep. Extreme: A survival rating for a standard woman.</small></p>	<p>Any sleeping bag without a rating or not achieving the required standard.</p> <p>Sleeping Bags without a hood, any quilts</p> <p>“Extreme” rating is not acceptable</p>	<p>Email Lindley@thespinerace.com if you need clarification, are unsure or there are no manufacturers ratings. OMM or Hangar 18 Sleeping bags are not accepted. Some cheap bags make big claims, best to check</p>	<p>See Clarification Note 6</p>
<p>22 SLEEPING MAT</p>	<p>Sleeping Mat (Roll Mat) minimum ¾ length on your body and shoulders width. Must be full coverage between the ground and sleeping bag. No Hollows or Gaps. Must cover from above shoulders to below knees. No home-made Sleeping Mats from foam or other materials. Must be a manufactured product and at least 5mm thick to provide basic insulation for safety.</p>		 <p>Thickness less than 5mm.</p>	 <p>We recommend something 2cm or thicker with an R rating of 2 or more.</p>	<p>See Clarification Note 7</p>

ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
<p>23 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/survival bag</i>).</p> <p>The Bivvy bag must 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 not 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 Clarification Note 8</p>

ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
<p>24 COOKING STOVE - DRINKING MUG</p>	<p>Gas or liquid fuelled stove and one Pan or Mug capable of boiling a minimum of 400ml of water and a minimum of 100grams/ml of fuel. Stoves must be in good working condition.</p> <p>You must have a solid non-foldable plastic or metal cup for hot and cold drinks at CP's - This can be your cooking Mug It must be at least 400ml capacity. <i>Homemade stoves and mugs are not allowed.</i></p>		 <p>Homemade tin can style stoves/burners are not allowed Solid Fuel or self-heating cooking systems are not allowed.</p>		<p>See Clarification Note 9</p>
<p>25 MATCHES, LIGHTER OR FIRESTEEL</p>	<p>Waterproof matches, windproof lighter or Piezo lighter for lighting your stove. If your stove has one fitted that is acceptable.</p>		<p>Non Windproof lighters and matches</p>		

ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
26 SPORK	Spork or similar eating tool to consume food on the race				This cannot be used as your toilet trowel and your trowel can not be your spoon.
27 2L WATER CARRYING CAPACITY	You must have the ability to carry a least 2L of water at any point on the course.	Bladder/Reservoir or bottles or softflasks in any combination.		We recommend you carry more if it's warm or on legs where there may be less available water sources. Or carry a filter bottle.	

ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
<p>28 Food</p>	<p>Challenger and Sprint – At least 3000kcal of food from the start Spine Race/North Race – 3000kcal from the start and from CP3/1 and CP5/3 where you must start with another 3000kcal. This food can be eaten along the route during the race. These are the maximum and minimum quantities that can be carried.</p> <ul style="list-style-type: none"> • Max 500 Kcal from powders such as Tailwind • Max 1000 Kcal from dehydrated/Freeze Dried food • Minimum of 1500 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><i>Must be more than one single source of food. We advise a mix of sweet and savoury you can eat easily when moving without having to stop to prepare</i></p>	<p>See Clarification Note 11</p>

ITEM	SPECIFICATION	PASS EXAMPLE	FAIL EXAMPLE	RECOMMENDATION <i>Not mandatory but should be considered</i>	CLARIFICATION NOTE
29 Mobile Phone	Working mobile phone capable of making and receiving calls in the UK With charging ability at checkpoints and on the trail. <i>Must carry a USB charging cable as a minimum</i>	Must be able to make and receive calls in the UK – Not just emergency Calls.	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.	A battery bank to charge on the trail – Not compulsory but a flat phone will mean you can not continue until you have charged it to at least 50%	<i>We will ask you to turn it on at kit check and show it works in the UK</i>
30 Rear Red Pack Light	Small LED rear light visible at all times on the rear pack of the participant at night	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. 	Headtorch mounted lights.  Any other colour than red.		See Note 10
31 Toilet Kit	You must always carry a toilet kit consisting of <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 		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.	Spare poo bags in your drop bag so you can replace any you use. The poo kit should be in a waterproof dry bag or Ziplock bag.	See Clarification note 12

CLARIFICATION NOTES (SECTION 2)

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 clothing, GPS watches, sunglasses etc.

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.

2 GPS DEVICE: You must have a Handheld device whose sole main purpose is a navigation device. Wrist mounted devices of any kind are not allowed under any circumstances. Phones or tablets with apps such as OS locate are also not allowed. With many watches such as a Suunto or Garmin device having all the same features and more of a basic handheld device, including newer devices its harder and harder each year to make a distinction between individual devices. The race has made the clear distinction that it must be a Handheld Device whose sole or main function is as a navigation device for the following reasons.

- Handheld devices are clearer to read in bad weather with typically larger screens than wrist mounted devices
- Handheld devices are easier to use in poor conditions without the need to expose skin on your wrist or take gloves off to operate touchscreens or press small buttons
- Handheld devices are more durable and withstand cold and damage better than phones or wrist mounted devices
- Handheld devices are not used for additional tasks like being a phone or watch or recording the race and therefore less likely to have their charge/batteries run down by doing other things, this may mean you lose the ability to make an emergency call or get an accurate location.
- Orientating a handheld device whilst moving is easier and more accurate as you can keep it centred whilst walking which is difficult with a wrist mounted device.

As there are many devices both wrist mounted and handheld that overlap in terms of function and reliability the race has had to make a distinction based on the criteria above and will not make exceptions based on individuals skill or previous use on the event.



3 GOGGLES: Goggles are required to protect your eyes from the high winds experienced on the course, to protect your eyes from damage caused by debris and cold conditions. We have had frozen and scratched eyes on previous races.

Goggles or safety glasses must have a rubber or foam seal around the eyes and prevent wind and cold air getting in, regular glasses even if they are the wraparound type do not give this protection. Goggles or safety glasses must not be fully reflective or have any tint as this will severely reduce your vision at night-time when less light can get in. They must be clear only. They must have a securing strap around the head so they can not fall off and they keep a good seal around the eyes. Bolle Tracker style safety glasses come with a securing strap that must be used if you use this type.

4 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 may not perform 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 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.

We recommend heavier duty waterproofs rather than very thin lightweight waterproofs as lighter kit tends to get damaged easily in high winds and fails more often in extreme conditions. It's easier for lighter fabrics to have water pushed through them under packs and they offer little warmth as they are thinner and allow heat to be conducted away quicker.

5 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 an additional base layer top and bottom, plus a mid-layer such as a down jacket or fleece long sleeve item. 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.



6 SLEEPING BAGS: The Winter Spine Race has experienced sub-zero temperatures on every single edition and we need to balance a realistic requirement for those racing and wanting to carry a lightweight sleeping bag with the need to ensure you are able to sleep on the trail in the worst conditions. Possibly whilst awaiting rescue which may take several hours. In order to keep the standard as simple as possible we have one standard for all sleeping bags.

All sleeping bags must meet the minimum standard of 0° C "Comfort Limit", sometimes labelled as "Lower Limit" or "Transition" on certain manufacturers bags. This standard is easy to understand for all and does not require you to add a liner that you may or may not use in an emergency. We would however recommend a liner such as silk for cold conditions, potentially for Female racers as females generally lose heat quicker in cold conditions.

OMM and Hangar 18 sleeping bags are not acceptable for the event as they are not tested for winter conditions. If you wish to use a bag that does not have the required EN rating please email Lindley@thespinerace.com for a definitive answer as to whether it is acceptable for the event.

7 ROLL/SLEEPING MAT: An integral part of your sleeping system is the mat. It insulates you from the ground and stops you and your sleeping bag getting cold and wet. Over the years we have seen many varied versions of a sleeping mat. From small sit mats to full length thick foam. We have a simple standard that ensures everyone carries the minimum we feel is needed to insulate you from the ground and ensure you can sleep safely on the trail. All mats must be manufactured products and be at least as wide as your shoulders and long enough to reach from your shoulders to below your knees on your body. This means shorter and taller racers will be able to carry appropriate lengths to suit their bodies.

Mats must be either closed cell foam or self or manually inflated air mats. They must fully insulate from the ground over their whole area with no gaps on coverage. No homemade or cut down items are allowed.

For example, the Klymit, X-Frame and similar mats are not acceptable as they have gaps where they do not insulate from the cold and wet.

8 SHELTER: You must carry the minimum of a breathable Bivvy bag made from Gore-Tex, Event or similar waterproof breathable fabric with taped seams. The shelter should be reusable and durable enough to be used more than once on the event.

We will not accept the SOL/ Lifesystems/Blizzard Emergency Bivvy type bag, They are not designed for multiple use situations and foil based items tear easily, and once torn provide little benefit. Single layer plastic bags and foil blankets are not acceptable either. Proper bivvy bags designed for multiple use are much more durable.

If you choose to carry a tent at any point you must still carry an emergency Bivvy bag in case you can not erect the tent such as in high winds. In this case a SOL or similar emergency bivvy will be accepted with the tent but if you do not carry the tent on a leg you must have the correct proper bivvy.

9 COOKING STOVE – DRINKING MUG: With long distances between checkpoints and slow progress in bad weather it's essential that if needed you can make yourself or someone in need a hot drink and hot food. We require you to carry a working stove and 100grams or ml of fuel plus a pan/mug or other vessel capable of holding 400ml that you can heat food or water in. The stove can be liquid, or gas fuelled and must have a safe stand to place the pot on. Lightweight home-made liquid stoves are not up to the rigours of regular use and can melt and overheat if used for long periods. In fact, this has happened to racers in the event. Any stove or pan must be made for that purpose and suitable and safe for the task.

You must also carry a metal or plastic non-folding mug to use at CP's for hot and cold drinks, This can be the metal mug you wish to cook or boil water in and it must hold a minimum of 400ml so you can get a proper brew into it! It must have a solid or cloth handle that means you do not have to hold the sides and risk a burn. The cloth handle on a Jet Boil style cooking pot is fine.

10 REAR RED PACK LIGHT: For 2022 onwards events we have added a Rear Red Light to be hung off your pack to the kit list, we have done this as in recent years we have had difficulty locating runners who have wandered off the course and when teams have gone out to search for them it has been difficult to locate them, this includes those potentially sleeping off the trail and are difficult to locate at night. The light must be on during the hours of darkness and you will be reminded at CP's to turn it on. In fact we recommend leaving it on all the time, Most small LED lights last 100's of hours on a basic flashing mode on a small battery. Please ensure you have spare batteries to change over at Checkpoints if needed.

The red LED on the back of many head torches will not be suitable for the basic reason that when you put your hood up on a jacket or lay down in your bivvy these will no longer be seen, but your pack will remain uncovered and likely also outside your bivvy allowing it to remain visible. If you choose to use a poncho/jacket over your pack please consider how you will attach a rear light to it.

11 FOOD: You need to carry a minimum of 3000Kcal 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 we have seen people carry dehydrated meals simply to reduce weight with no intention to eat several of them on a section and the likelihood of you lighting a stove in an emergency is reduced. For that reason we have limited the number of calories by type to ensure that you have usable food in an emergency.



Total calories carried from points locations listed above

- Powdered nutrition such as Tailwind – Max 500Kcal can count towards the required total

You will not have enough water between stages to rehydrate more than that.

- Dehydrated/Freeze Dried Meals – Max 1000Kcal can count towards the required total

You are unlikely based on historic evidence to make up a dehydrated meal if in your bivy waiting for help or eat more than 1-2 meals before the next CP location.

- Ready to eat foods that require no preparation – A minimum of 1500Kcal must be carried

A good portion of food should be ready to eat whilst moving and in an emergency, this rule means you should be carrying sufficient quantities of useable foods.

You can of course carry more of any of these food sources but the 3000kcal must comply with those minimum guidelines above.

12 TOILET KIT: New for 2022/23 races is the requirement to carry a toilet kit. Unfortunately, over the years some people have not disposed of waste discretely and we need to ensure you have the means to manage waste correctly.

A shovel is required so you can dig a hole away from the trail if the soil and location is suitable and do what's natural and bury it deep enough.

Tissue paper is required as baby wipes and even flushable wipes are very slow to decompose but paper will decompose quickly.

Poo bags are needed for those places where the soil is not suitable for burial and needs removed to be disposed of away from the trail.

Menstrual waste should always be carried out as if buried it may be dug up by animals.

Please be responsible with waste disposal as permits and the races reputation depend on good conduct by the participants.

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 (SECTION 3)

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 have your kit checked as the first part of the registration process; 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 selection of items. Who gets what checked will be purely random based on what is on the check sheet for your race number. If you forget any items or any items are not suitable then you may be required to have a full kit check.

Once all your items are checked satisfactorily you will be allowed to register for the race.

If you fail kit check you will be asked to return ASAP with the correct items and you will be unable to register until you have passed kit check so that you cannot collect a tracker or number without us confirming you have passed on all items. It is your responsibility to ensure you arrive at Kit Check with all the correct kit ready. If you have any doubt about kit either bring alternatives or check those items you intend to bring with lindley@thespinerace.com before attending the event. We cannot be held responsible for misunderstandings over kit standards. If you are in any way not sure then email, you will get a quick definitive answer.

Be aware information of social media is not definitive and may be out of date or based on previous years requirements. If in doubt, ask.

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 checkpoint or 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 4 below will be applied.



MISSING KIT PENALTIES AND PROCEDURES (SECTION 4)

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 31 items on the compulsory kit list, and they have been separated into 3 colour coded lists.

- **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 can 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 needed 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.
- **GPS devices (Blue Info Box)** have a separate set of rules and their own note below. The time penalty for a missing Handheld GPS unit at any time is **3 hours**.



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. 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.

GREEN List

- **Knife**
- **Medical Kit** – Necessary personal medications must always be carried such diabetes, heart condition and allergy medications such as EpiPen's
- **Spork / Metal or Plastic Mug**
- **Rear Pack Red Light**
- **Toilet Kit**

AMBER List

- **Compass** – You must have a working GPS device otherwise this is a **RED** item
- **Paper Maps** – You must have a working GPS device otherwise this is a **RED** item
- **Whistle**
- **Goggles** – In severe weather with high winds this may become a **RED** item
- **Head Torch** – At night or if you are going to incur night-time before reaching a CP or getting a replacement this becomes a **RED** item
- **Waterproof Jacket** – In extreme weather or forecast of extreme weather before you reach a CP this can become a **RED** item.
- **Waterproof Trousers** - In extreme weather or forecast of extreme weather before you reach a CP this can become a **RED** item.
- **Hat** - In extreme weather or forecast of extreme weather before you reach a CP this can become a **RED** item.
- **Gloves** - In extreme weather or forecast of extreme weather before you reach a CP this can become a **RED** item.
- **Spare Socks**
- **Neck Gaiter**
- **Ice Spikes** - In extreme weather or forecast of extreme weather before you reach a CP this can become a **RED** item.
- **Cooking Stove** – Note the **Mug** on it's own is only a **(GREEN)** item
- **Matches, Lighter or Fire Steel**
- **2L water carrying capacity**
- **Food** – As per the quantities in the kit list for CP 3 and 5
- **Mobile Phone** – 50% charge

RED List

- **Backpack**
- **Spare Base Layer, Top and Bottom layer** – on course you may be wearing them already but leaving a CP you should have spare in addition to what you are wearing to start that section.
- **Spare Cold Weather Mid Layer** - on course you may be wearing it already but leaving a CP you should have spare in addition to what you are wearing to start that section.
- **Appropriate Footwear**
- **Sleeping Bag**
- **Sleeping Mat**
- **Shelter** – Bivvy bag or Tent.

Handheld GPS devices

Handheld GPS devices are compulsory on the event for safety reasons, in extreme weather conditions such as cold, wind and snow where navigation with map and compass is more challenging and harder to do safely and quickly. The kit list includes both GPS devices and map and compass to offer the best of both worlds and a level of redundancy to the system.

Handheld GPS devices are robust and reliable and rarely break or have issues, we have had less than 3 physically broken devices in the last 5 years. The biggest issue is user error with files not being loaded correctly or the user accidentally changing a setting or deleting a file making it no longer work properly.

However, if you have the unfortunate experience of a broken device or manage to drop it into a bottomless bog, we will follow the below procedure.

Lost/broken/failure on course or at a CP location

If the weather is good with good visibility you will be allowed to continue to the next CP location and will be more closely monitored. If you show signs that you are unable to demonstrate the ability to navigate well without the device and continually get lost, you may be stopped and not be allowed to continue for your own safety at the discretion of the Kit Manager/HQ team.

If the weather is extremely poor and map reading would be extremely challenging, you may be stopped and not be allowed to continue for your own safety at the discretion of the Kit Manager/HQ team.

A missing GPS unit will incur a **3-Hour** time penalty, an obviously broken one will not but the above still applies.

Note – If you have another non-compulsory kit GPS unit such as a watch with the route on it this will help us make any decision and we may allow you to continue in bad weather if you can demonstrate the ability to use this device. Phones as a GPS device would not be considered as they do not work well in the wet and cold

Accidental loss vs deliberate.

Over the years some competitors have chosen to leave kit behind or not carry compulsory items, thankfully this is a very rare occasion 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