

Yellow Belly Events – Yellow Belly Ultra Winter 50.

Mandatory Kit list.

Here you will find a list of the mandatory kit required to participate in the event. This kit must be carried and/or worn at all times for the duration of the event. This is there to provide yourself and other runners with everything you may need in the event of an emergency.

Mandatory kit checks will be carried out prior to being issued with your race number. There may also be spot kit checks on the course and at the finish line.

Anyone found not to be carrying any items of mandatory kit will incur a 1 hour time penalty or possible disqualification.

The Yellow Belly 50 Ultra is 75% on trails. Therefore, suitable trail running shoes are advised.

- Suitable pack to carry mandatory items (Recommended 10L)
- GPS Tracker (Provided at Race Registration)
- Fully Charged Mobile Phone including the numbers for the Race Medic and Race Directors (on the number you have provided at registration)
- A device with the GPS route on it* (This may be a phone app, gps watch, or handheld gps unit). The device must have sufficient battery life to last the event.
- Water Bottles/Bladder capable of carrying a minimum of 1 litre
- Minimum of 500 Calories of suitable race nutrition.
- Waterproof Jacket: Gore-tex or similar, minimum 10000mm+ & must have sealed seams
- Waterproof trousers
- Long sleeved base layer or fleece top - This must be carried separately from the one you're wearing at the start and kept dry, for use only in an emergency. Starting in 2 layers is not a substitute!
- Insulated Jacket
- Lower body base layer.
- Warm Hat - Beanie Hat or Buff (either are accepted)
- Gloves
- Foil Survival Blanket/Bivy Bag 1.4m x 2m minimum
- Small first aid kit - to include: blister plasters, sterile dressing & bandage or tape
- Whistle – The one attached to your running pack is acceptable
- Compass
- Emergency map (provided)
- Headtorch or Primary Light Source - Minimum 100 Lumens

NO RESTRICTIONS

- Back Up Light source - Minimum 100 Lumens or spare batteries for Primary headtorch
- Cup for drinks at aid stations *

Recommended but not mandatory

- Electrolytes/Salt-caps
- Warm change of clothes for the finish
- A sense of humour and jovial misdemeanour

* Yellow Belly Events are a cup less event. You will need to bring your own cup for hot/cold drinks at aid stations.