



### COMPULSORY KIT

This compulsory kit list is applicable to the following events & distances in the MCS:

<b>JMC</b>	38km
<b>LMC</b>	38km, 21km
<b>HMC</b>	16km, 12.8km
<b>MMC</b>	55km, 35km, 24.5km

Category	Weather A	Weather B	Penalty
Category 1	<b>Windbreaker</b> <b>Mobile phone</b> (fully charged + event emergency number programmed)	<b>Waterproof &amp; breathable rain Jacket, with hood.</b> (NO plastic bags, ponchos, PVC or rubberised jackets will be acceptable) <b>Micro-fleece or similar</b> (NO long sleeve running tops) <b>Mobile phone</b> (fully charged + event emergency number programmed)	Not allowed to start Disqualification
Category 2	<b>Buff</b> or similar <b>Space Blanket</b> (minimum 2mx1m) <b>Whistle</b> <b>Basic &amp; essential first aid</b> (minimum: 1x Cohesive bandage 75mm x 4.5m, 1x First Aid Dressing #2)	<b>Buff</b> or similar <b>Beanie</b> or similar <b>Space Blanket</b> (minimum 2mx1m) <b>Whistle</b> <b>Basic &amp; essential first aid</b> (minimum: 1x Cohesive bandage 75mm x 4.5m, 1x First Aid Dressing #2)	30min time penalty per item
Category 3	<b>Emergency Race nutrition:</b> Minimum 400 Kcal worth (e.g. 2x energy bars of 65g each) <b>1 litre water</b> (carrying capacity)	<b>Emergency Race nutrition:</b> Minimum 400 Kcal worth (e.g. 2x energy bars of 65g each) <b>1 litre water</b> (carrying capacity)	15min time penalty per item
Necessary	Own cup (150ml)	Own cup (150ml)	Self imposed penalty as: - no cups at aid stations

There will be a compulsory kit check before you receive your race bib.

The need for the compulsory kit cannot be underestimated and is there for your own safety. Participants arriving at the start without all the compulsory equipment may not be allowed to participate and will be not entitled to a refund. So please make sure you have what is detailed on the list below to avoid disappointment

There may also be spot checks on the mountain and at the finish. The kit has been rated either Category 1, 2 or 3. If you are missing a Category 1 item you will be disqualified. If you are missing a Category 2 or 3 the specified time penalty will be added to your finish time. These regulations have been put in place for your own safety and we trust you will adhere to them. You are not permitted to drop or receive any of these items during the race and anyone seen doing so will be disqualified.

The decision on Weather A or Weather B will be communicated to all participants via Whatsapp/SMS on the **Friday before race day at 6pm**. In the event you don't receive this communication, we recommend you bring kit to cover both eventualities and simply leave what you don't need at the bag drop.

