



<b>Full name (block capitals)</b>	
<b>Event course - 70km / 35km</b>	
<b>Please provide the registration of the vehicle you are traveling in</b>	

**By signing below I agree and declare that;**

- *I acknowledge and accept that I am responsible for my own safety and that I MUST be personally carrying and/or wearing all the mandatory equipment - as laid out below – on my person, for the duration of the event. I understand that failure to comply with this may lead to my withdrawal from the event or disqualification. I acknowledge that there may be kit checks when out on the course or at the finish.*
- *I have read and understood the Participant Guide for this event.*

**Please tick next to each item of mandatory kit to confirm that you will have this on your person throughout the full duration of the event.**

MANDATORY KIT ITEMS	PLEASE TICK HERE
Whistle	
Emergency bivi bag	
Magnetic compass	
Map(s) covering the whole area of the route (1:50k is the minimum requirement)	
Appropriate clothing for the challenge and weather conditions	
Appropriate footwear (trail shoes recommended or hiking boots for walkers)	
Waterproof jacket with hood and taped seams	
Waterproof trousers with taped seams	
Additional warm layer eg. Fleece or down jacket (for emergencies)	
Warm hat eg. Fleece or woolen beanie (a buff is NOT a hat)	
Warm gloves (waterproof recommended)	
Emergency food (at least 400 calories and untouched at the finish)	
Drinks bottles / hydration pack to carry a minimum of 1 litre of fluid	
Fully charged mobile phone, in waterproof cover or bag	
Head torch, plus spare batteries (not mandated for 35km participants)	

Signature: ..... Date.....

<b>Organisers notes</b>	<b>Participant number</b>