

# KIT LIST - HOWGILLS

## TRAIL 26 (MARATHON)

First aid kit  
Waterproof jacket  
Spare base layer for top of body  
Mobile phone (fully charged)  
Whistle  
Hat & gloves  
Emergency foil blanket/bivi bag  
Emergency food & drink

## TRAIL 13 (HALF MARATHON)

First aid kit  
Waterproof jacket  
Mobile phone (fully charged)  
Whistle  
Hat & gloves  
Emergency foil blanket/bivi bag