



# KIT LIST

## ULLSWATER WAY

### ULTRA

- First aid kit
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink
- Emergency foil blanket/ bivy bag
- 1 litre of water (either a water bladder or soft water bottles)
- Running pack to carry the above items

### TRAIL 20

- First aid kit
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink
- Emergency foil blanket/ bivy bag

### TRAIL 10

- First aid kit
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink