

RACING THE PLANET - PATAGONIA - KIT LIST

Mandatory - to be carried/worn on the run	My Kit
Backpack, 25 - 30L	<i>OMM Classic 25</i>
Waterproof Bag, 35L	<i>Ultrasil Nano Dry Sack 35LT</i>
Sleeping Bag, 5 deg C	<i>Criterion Quantum 200 Sleeping Bag</i>
Head Torch x2	<i>Petzl Tikkina main head torch, Petzl e+lite backup head torch</i>
Red Flashing Light	<i>Nathan Clip On Red Flashing Strobe Light</i>
Knife Multitool	<i>Victorinox Classic SD Swiss Army Knife</i>
Whistle	<i>Jetscream safety whistle</i>
Mirror	<i>Coghlan's featherweight mirror</i>
Survival Bivvy Bag (closed)	<i>Adventure Medical Kits Heatsheets Emergency Bivvy B</i>
Compass	<i>Decathlon Compass</i>
Eating Utensil	<i>Sea to Summit Delta Spork & Sea to Summit Collapsible Mug</i>
Sun Cream (min 60ml)	<i>Nivea Sun Kids Pocket Size Sun Lotion, SPF 50</i>
Lip Sun Screen	<i>Piz Buin Sun Lipstick</i>
Medication	<i>Min. x12 mild pain relief pills (non-antiflammatory) - Anadin</i>
Blister Kit	<i>Mandatory Items: x10 alcohol wipes, x2 hypodermic needles/safety pins, x1 roll tape (micropore), elastic tape (Elastikon), x5 Compeed</i>
Compression Bandage (7.5cm x 4.5m)	<i>Cotton Crepe Bandage</i>
Safety Pins, x10, heavy duty	<i>As Described</i>
Alcohol Gel (min 60ml)	<i>Purell 60ml Hand Sanitizer Bottle</i>
Toilet Tissue/Wet Wipes	<i>Toilet Paper & Clinell Anti Bacterial Hand Wipes</i>
Running Shoes	<i>Saucony Peregrine</i>
Socks, (3 pairs min)	<i>x1 pair Injinji Crew Liner Sock, x1 pair X Sock Marathon, x2 pairs of Kalenji Kiprun Socks</i>
Tights/Shorts, (2 pairs min - one pair full leg cover)	<i>x1 pair X Bionic Trick running shorts & x1 pair Nike Shorts for camp. X1 pair Asics motion dry stripe tights</i>
Waterproof Trousers	<i>Inov8 Ultrapant</i>
Running Shirt, (2 min) one long one short	<i>x1 Salomon Wings Trail Top Short Sleeved and x1 Mizuno Long Sleeved Top</i>
Warm Long Sleeve Top (fleece or down)	<i>MOUNTAIN HARDWEAR MICRO THERMOSTATIC HYBRID JACKET</i>
Waterproof Jacket	<i>Berghaus VAPOURLIGHT HYPER SMOCK 2.0, Hooded, Waterproof</i>
Rain Poncho	<i>Raidlight safety poncho</i>
Cap with Neck Cover (or cap with Buff)	<i>Raidlight Sahara Cap & Buff</i>
Warm Hat x2	<i>Rab Beanie, Racing the Planet Marmot Beanie</i>
Gloves x2	<i>Ron Hill gloves, Sealskinz gloves</i>
Sunglasses (1 pair)	<i>1 pair Decathlon Sunglasses</i>
Nationality Patches	<i>Northern Ireland and St Patricks Cross</i>

Racing the Planet Patches	<i>As supplied by the organisers</i>
x2 750ml Bottles	<i>Raidlight Press to Drink Bottle</i>
x2 750ml Bottle Holders for Back pack strap	<i>Raidlight Olmo Bottle Holder</i>
1 Litre Additional Water Carrying Capacity	<i>Platypus 1 litre soft bottle</i>
Electrolytes/Salt Tablets	<i>Succeed S!Cap Salt Tablets, Mountain Fuel & Tailwind</i>
7 Day Food Supply (min 2,000 calories per day)	<i>Expedition Foods, Clif Bars, Cookies, Noodles, Recovery Shake, Nuts, Beef Jerky</i>

Other Optional/Recommended Kit I Carried/Used	My Kit
Sleeping Pad	<i>Therm-a-Rest Neo air xlite standard size (luxury!)</i>
Compression Socks	<i>Compressport calf sleeves</i>
Lubricant	<i>x5 2Toms Sport Shield Individual Shielding Wipes</i>
Flip Flops for Camp	<i>Everlast Slides</i>
Toothbrush and Toothpaste	<i>Small</i>
Watch/GPS	<i>Garmin 225</i>
Phone (used only as a camera)	<i>Samsung S5</i>
Portable Charger for watch	<i>Anker Astro 6700mAh</i>
MP3 Player	<i>Sony Walkman</i>

Mandatory Drop Bag - in case the weather turned nasty (only to be handed out in an emergency)	My Kit
Waterproof Bag 25-35L	<i>DECATHLON ITIWIT 30L WATERTIGHT DUFFEL BAG</i>
Warm Fleece/Baselayer/Mid Layer x2	<i>x2 Hiking fleeces</i>
Warm Long Pants	<i>x1 pair Hiking trousers</i>
Warm Socks x2	<i>x2 pairs Summit Socks</i>
Warm Hat x1	<i>x1 Acertyx Hat</i>
Gloves x1	<i>x1 pair Mountain Hardwear Gloves</i>