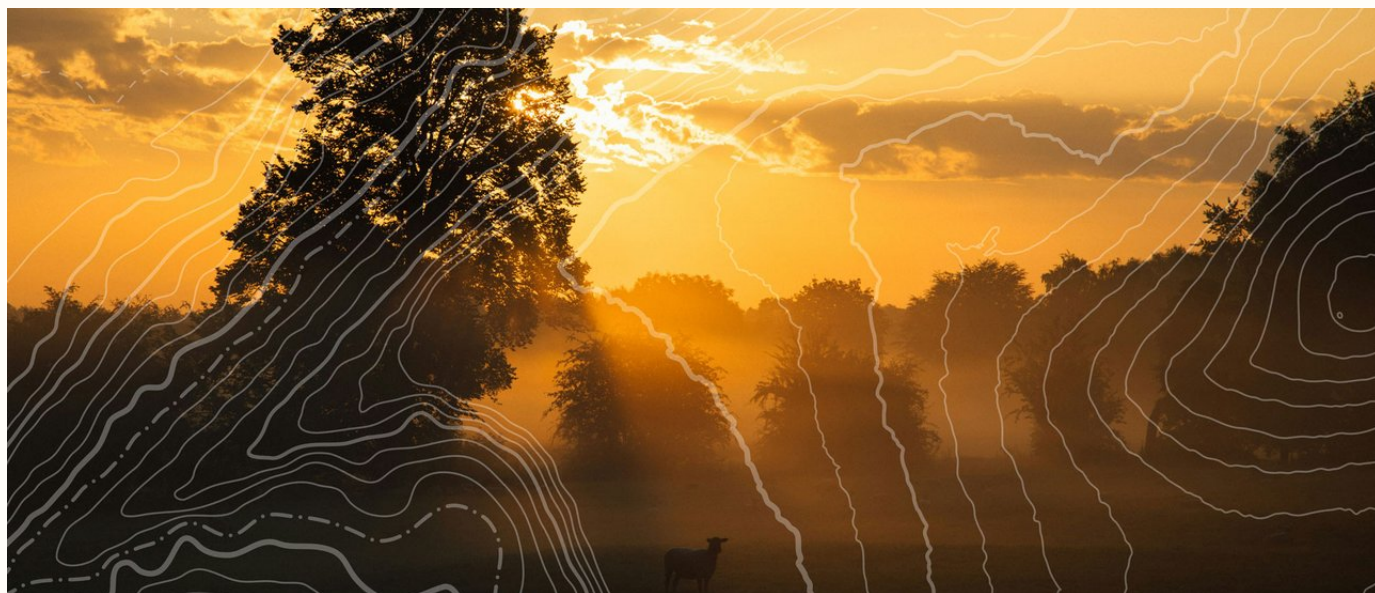


Calon Lân 300

Your mandatory kit guide



Start here

Tick each item as you pack. Use the page guide below to find each checklist.

Carry on course: clothing, lights, navigation, pack and safety - pages 2-6.

Pack in your drop bag: both weather kits and drop bag essentials - pages 7-9.

Check your bivy bag: requirements and pass/fail examples - page 10.

A note from the team - page 11.

Mandatory on-course kit

Clothing & footwear

Keep every item on pages 2-6 on your person or in your running pack whenever you are out on course.

- ☐ Waterproof jacket - taped seams
- ☐ Waterproof trousers - taped seams
- ☐ Full leg coverings - leggings or trousers
- ☐ Hat
- ☐ Gloves
- ☐ Long sleeve base layer
- ☐ Warm layer or insulated jacket - at least 250g
- ☐ Appropriate footwear

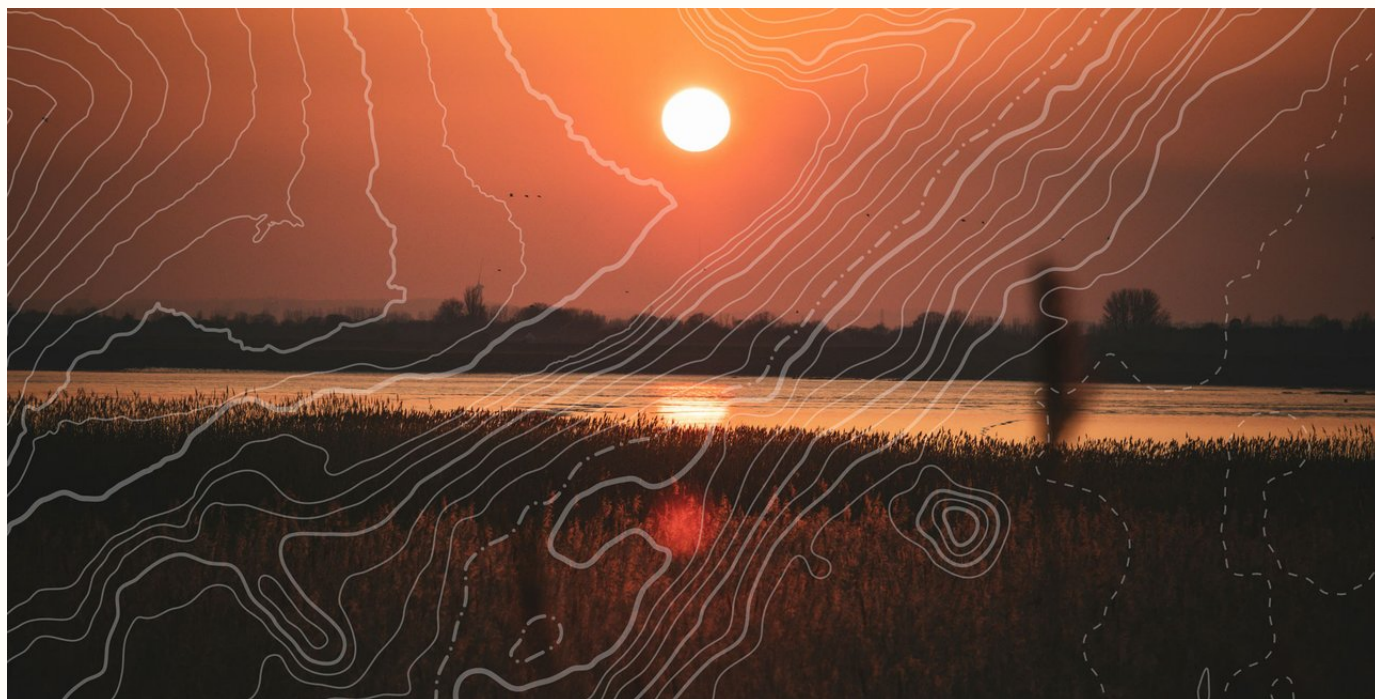


Mandatory on-course kit

Lighting & power

Keep these items on your person or in your running pack.

- ☐ Head torch + spare battery
- ☐ Spare head torch
- ☐ Rear-facing red LED light
Not required if built into your head torch.
- ☐ Power bank - at least 5,000mAh



Mandatory on-course kit

Navigation & communication

- ☐ Watch with maps functionality or standalone GPS device
- ☐ Physical map + compass
- ☐ Mobile phone
- ☐ GPS tracker

Supplied at registration.

Map skills at registration

Basic map reading skills will be tested. This may include:

Giving a six-digit grid reference.

Taking a bearing using a compass and a map.

Estimating distance.

Using contour lines to describe terrain.



Mandatory on-course kit

Pack, water & nutrition

- ☐ Running pack / backpack
- ☐ At least 2L of water capacity
- ☐ At least 1,000 calories of emergency nutrition
Keep separate from your regular race nutrition.
- ☐ Water filter or chlorine tablets
- ☐ Bank card and/or cash



Mandatory on-course kit

Safety & personal care

- ☐ Waterproof bivy bag

Must be reusable. Check the guide on page 10.

- ☐ Small first aid kit

- ☐ Whistle

- ☐ Tick removal tool

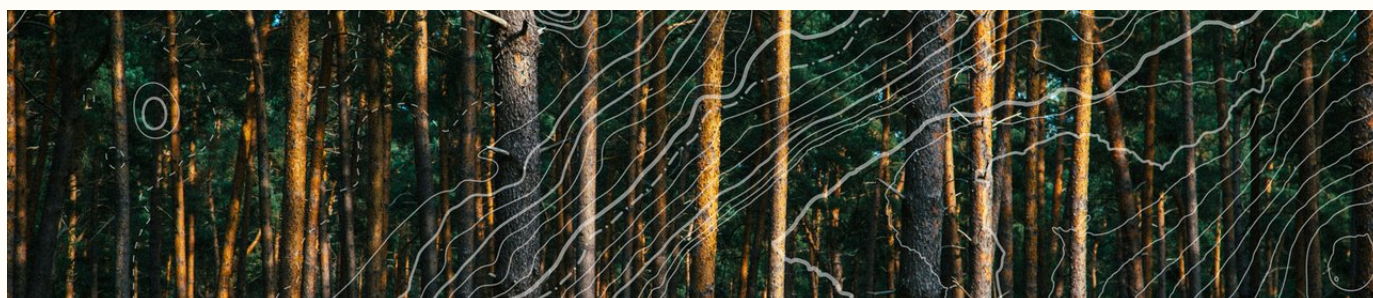
- ☐ Toilet kit

Your toilet kit must contain

- ☐ Small shovel / trowel

- ☐ 3 x poo bags

- ☐ Tissues



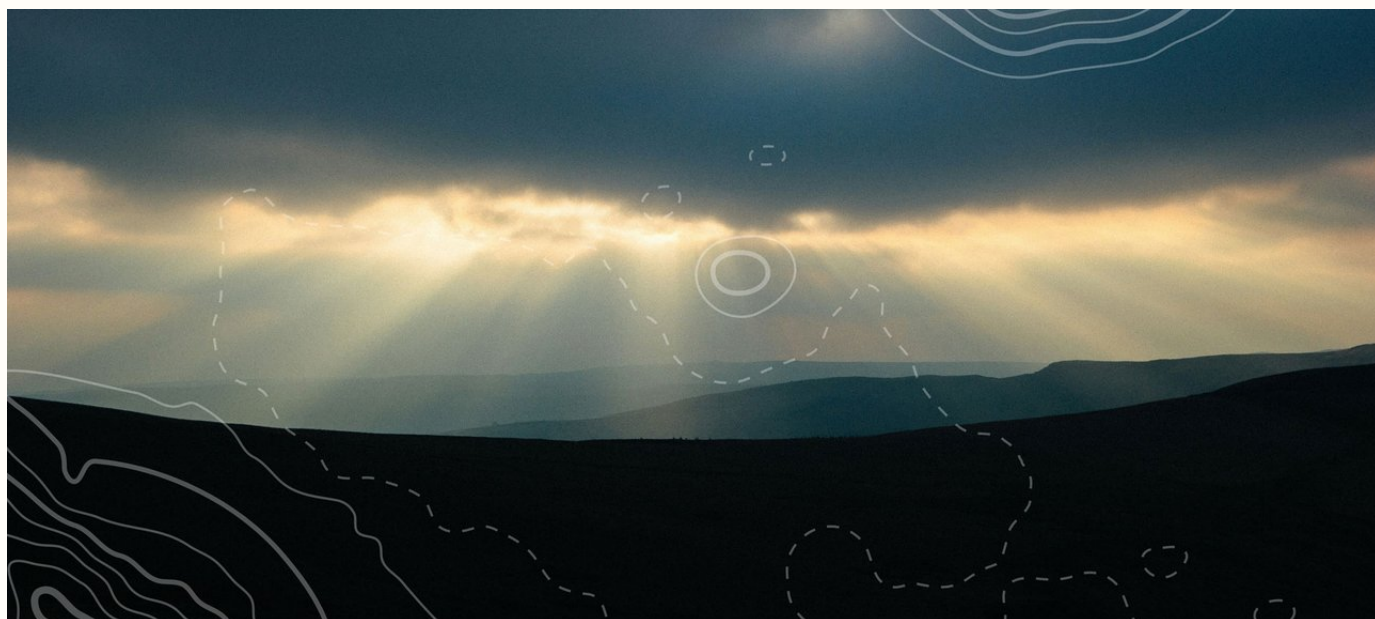
Mandatory drop bag kit

Bad weather / mountain kit

Keep all three items below in your drop bag.

Carry them in addition to the regular mandatory kit on specified mountainous sections of the route, or if a bad weather contingency is activated during the event.

- ☐ Spare warm top - at least 250g
- ☐ Waterproof gloves
- ☐ Warm hat or beanie



Mandatory drop bag kit

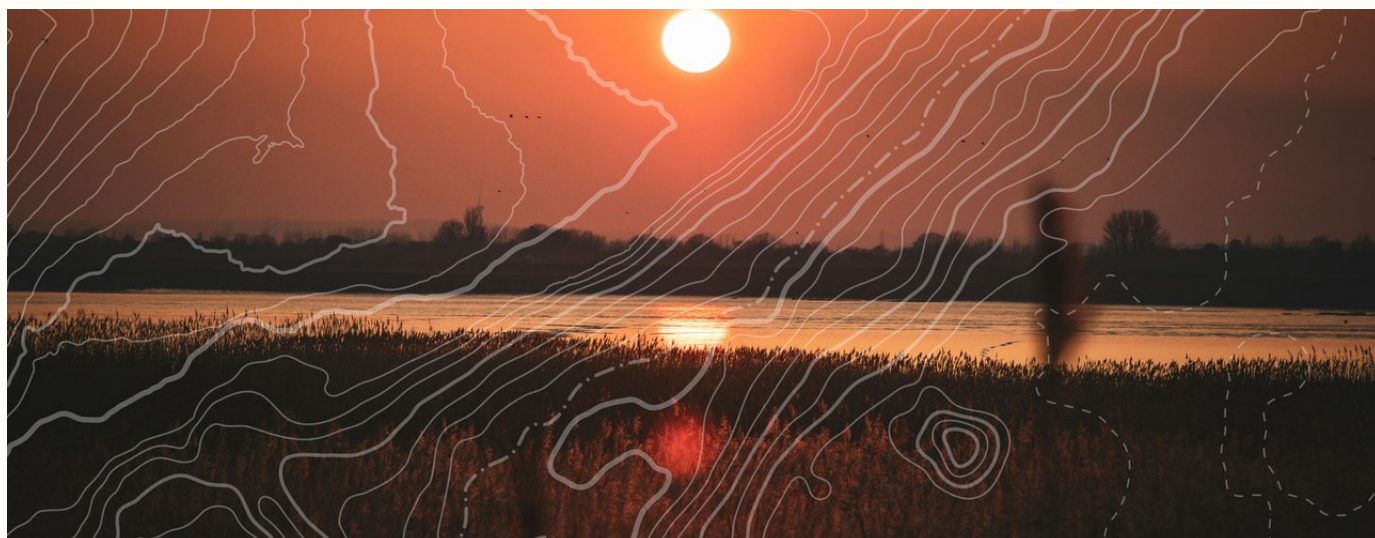
Hot weather kit

Keep all three items below in your drop bag.

Carry them in addition to the regular mandatory kit if a hot weather contingency is activated during or before the event.

- ☐ Sun hat with visor
- ☐ Sun cream - waterproof, Factor 50+
- ☐ Capacity for an additional 1L of water

This gives 3L total water capacity, including the regular 2L requirement.



Mandatory drop bag kit

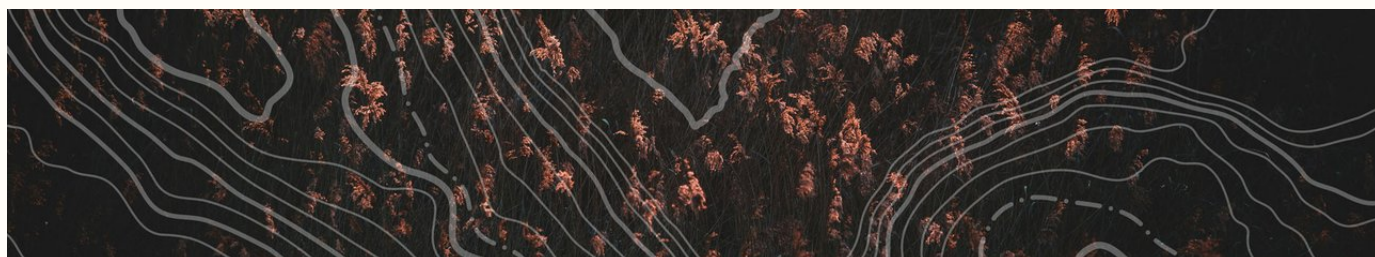
Drop bag essentials

- ☐ Sleeping bag
- ☐ Blister treatment kit
- ☐ Any personal medication

If you have specific medical requirements, contact the organisers.

Blister treatment kit contents

- ☐ Fleecy web
- ☐ 2m of K Tape (Kinesiology Tape)
- ☐ Scissors
- ☐ 5 x green sterile needles (21g x 1.5" or 21g x 2")
- ☐ Sterile wound cleansing wipes



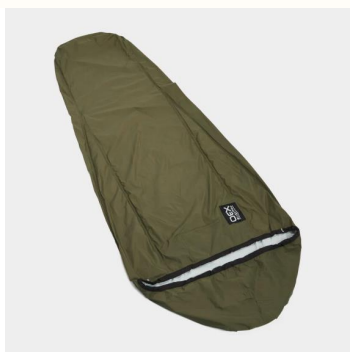
Mandatory on-course kit

Bivy bag kit check

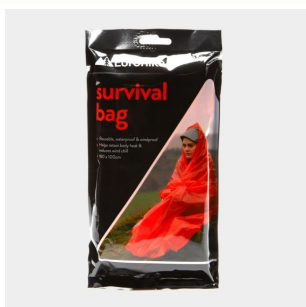
Your waterproof bivy bag must be reusable. Commonly used orange plastic emergency survival bags are not suitable.

Ideally, choose Gore-Tex or a similar waterproof material with fully taped seams.

Pass: reusable waterproof bivy bags



Fail: emergency survival bags



These examples reproduce the pass/fail photographs in the supplied 2027 kit list.

From the Calon Lân team

Your adventure starts here

Calon Lân 2027 is still months away. You have time to build your kit gradually and choose what works for you. There is no need to buy everything at once.

Use this list as a guide over the coming months. Check what you already own, make sure it meets the requirements and take your time choosing anything you need.

Test your kit on training days. Check the fit and practise using it, allowing time to make changes before event day.

Every item supports your safety in changing weather and on long days out. If you are unsure whether kit is suitable, ask the event team before buying.

An amazing adventure through the wild heart of Wales awaits. Enjoy the preparation, look after yourself and each other, and take it one step at a time.

Big love, Calon Lân

