



LUNA

PACKING LIST

CLOTHING AND FOOTWEAR 🧢

- Beanie and gloves (it will be cold at night / early morning)
- Rain gear and layers for all temps
- Recovery flip flops or sandals
- Running cap and/or head band
- Running or compression socks (x 3) (long preferably to protect against ticks)
- Running shirt, vest or top (x 3)
- Running shorts, bottoms (x 3)
- Sports bra, compression, running underwear (x 3)
- Hoodies and comfy clothes
- Trail running shoes
- Waterproof shoes/boots

NIGHT GEAR 🔦

- Hand torch
- Head torch (**mandatory**)
- High-viz vest (**mandatory**)

RUNNING ESSENTIALS 🏃

- Additional reflective gear
- Download What3Words App
- GPS Running Watch
- Hydration pack or belt
- Massage device
- Reusable handheld water bottle
- Running belt storage
- Running phone case
- Sunglasses

FOOD & WATER 🍷

- Energy Bars and Snack Bites
- Breakfast
- Electrolytes and hydration
- Lunch and dinner supplies (there will be pizza to buy on site, but consider a cool box full of pasta salads etc.)
- Other snacks
- Plenty soft drinks (water is provided)

TOILETRIES 🧴

- Anti-chafe balm
- Blister protection
- Deet / Repel (tick and insect protection)
- Wet wipes (there are no showers)
- Deodorant
- Hair ties and brush
- Hand sanitizer
- Antiseptic cream
- Hayfever meds if required
- Lip Balm
- Lotion
- Sunscreen
- Toilet paper
- Toothbrush/Toothpaste

CAMPING GEAR 🏕️

- Back-up head torch
- Water jug
- Camping chairs
- Camping stove
- Camping table
- Cooler
- Extra batteries
- First Aid Kit
- GPS watch charger
- Reusable coffee cup
- Lantern/camp lighting
- Battery pack for mobile / torch charging
- Reusable water bottle (**required**)
- Sleeping bag or blanket
- Sleeping pad
- Small pillow
- Tents (if not glamping!)
- Yoga Mat

And, if you feel like having a bit of fun: 🤪

- Costumes and Team Flair
- Custom Team Shirt
- Campsite Décor
- Cowbell/Noisemaker