

<i>Melrose Running Festival 2021</i>	42.2 km		30 km		15 km	
	Good Weather	Bad Weather	Good Weather	Bad Weather	Good Weather	Bad Weather
Long Sleeve Thermal Top						
Cotton, lycra/spandex and/or compression garments are NOT thermal. A thermal top will ideally have a large percentage of wool. Some man-made synthetics are also suitable. If in doubt, please consult your local Running Shop as they should have experts in this field. You will also find helpful information here www.iomerino.com	R	✓	✗	✓	✗	R
Waterproof Rain Jacket						
Must be a seam-sealed and breathable waterproof jacket, not just windproof. This can be used in the case of an injury, not just extreme weather conditions	✗	✓	✗	✓	✗	R
Windproof Jacket						
A good lightweight windproof jacket will be mandatory even in good weather conditions.	✓	✗	✓	✗	✗	R
Beanie and/or Headscarf (Buff)						
If this is not being worn at the start, it must be carried in a waterproof zip-lock bag. These will be available for purchase from ATR at Melrose.	R	✓	✗	✓	✗	✗
Emergency Space Blanket						
This is non-negotiable. COMPULSORY for all 42.2km runners regardless of weather conditions and is recommended for 30km runners.	✓	✓	R	R	✗	✗
Phone						
Phone must be fully charged. You must also carry your phone in a protective (preferably waterproof) bag. Please be aware you will NOT have phone coverage throughout most of the starting sections of the 42.2km run	✓	✓	✓	✓	R	R
Whistle						
A Good Hydration Pack should already have a whistle attached to it. This is very important for this particular race due to the rough and isolated terrain.	✓	✓	R	R	✗	✗
Minimum Hydration Required						
Yes. Marathon Runners must have the capacity to carry 2L and the 30km must have the capacity for 1L. ** Remember, the Aid Stations are CUP-FREE so you must provide your own soft flask, drinking cup or bladder **	2 L	2 L	1 L	1 L	R	R
Food / Nutrition						
Work on consuming 1 portion per hour. 1 portion could be 1 Energy Gel, Banana or Bar and you should be having 1 of these per hour as a bare minimum. An Electrolyte Drink should be consumed at the same time is addition to these portions.	✓	✓	✓	✓	R	R
Compression Bandage						
Compulsory for all 42.2km runners regardless of weather conditions.	✓	✓	R	R	✗	✗
R = Recommended						