

| Melrose Running Festival 2024 | 50km | | 32km | | 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 should be considered, even in good weather conditions. | R | ✗ | R | ✗ | ✗ | 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 50km runners regardless of weather conditions and is recommended for 32km 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 50km 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 | | | | | | |
| 50km & 32km Runners must have the capacity to carry 1L. You must start with a minimum of 1L of fluid. ** Remember, the Aid Stations are CUP-FREE so you must provide your own soft flask, drinking cup or bladder ** | 1L | 1L | 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 in addition to these portions. | ✓ | ✓ | ✓ | ✓ | R | R |
| Compression Bandage | | | | | | |
| Compulsory for all 50km runners regardless of weather conditions. | ✓ | ✓ | R | R | ✗ | ✗ |
| R = Recommended | | | | | | |