



Kit List 2026

	Beacons Ultra	Beacons Marathon	Beacons Half
Rucksack/race vest Suitable for carrying the items on the compulsory kit list	•	•	•
Fully charged mobile phone	•	•	•
Means of hydration Ability to carry an absolute minimum of 1 litre of fluid	•	•	•
Cup/mug/bottle No cups will be provided at checkpoints	•	•	•
Waterproof Jacket	•	•	•
Waterproof Over Trousers	•	•	
Warm hat	•	•	•
Gloves	•	•	•
Small First Aid Kit To manage blisters and chafing / personal medication	•	•	•
Map (covering full route) Ideally OS map but printed sections off the website will suffice. See Route Navigation below.	•	•	•
Emergency Food Enough food for between checkpoints (no shops on route!)	•	•	
Fleece (or similar warm upper body layer)	•	•	
Survival Bag Or group shelter – foil, plastic or breathable – NOT A BLANKET	•	•	
Head/chest torch and spare batteries Or a spare head torch if using a rechargeable one	•	•	
Compass NOT ELECTRONIC OR PHONE APP	•	•	
Whistle Six short blasts every 60 secs is a fail-safe emergency signal	•	•	



Kit Notes

Rucksack, Race Vest or Bumbag

This needs to be big enough to carry all your gear, both mandatory and your own additions, with ease of packing and removing items, such as your waterproof jacket or mug. Depending on which event you are doing, capacity may easily need to be 15 litres, and if you have quite a lot of kit then a capacity of 20-25 litres is suitable.

Waterproof Jacket and Over Trousers

Your jacket needs to be waterproof, and not just showerproof. We recommend you look for a fabric with Hydrostatic Head of at least 2000mm, with taped seams, and a well-fitting and adjustable hood and cuffs.

Gloves

Any gloves or mitts will get wet eventually. Making gloves waterproof is very difficult. Mitts are warmer than gloves, but less dextrous. Best combo is a good thin pair of thermal gloves worn under a pair of waterproof over mitts.

Fleece or similar warm upper body layer

This is the layer or layers you wear over your base layer to provide some additional insulation and hence warmth. Thin fleece works well – wicking moisture and keeping you feeling warm when it is damp.

Cup/mug/bottle

This will enable you to have a hot drink at a checkpoint. Please note that cups will not be provided at checkpoints/

Route Navigation

Whilst the route is waymarked, all participants should carry the route with them and be able to navigate independently if required. This can be via a GPS-enabled watch, the OS Maps app with the route downloaded for offline use, or a handheld GPS device. We strongly recommend downloading the route in advance rather than relying on mobile signal. A hard-copy OS map is also a useful fail-safe option.

Compass

If all else fails, and you phone Event Control, or speak with our Safety Team or even Mountain Rescue, you may be subject to a talk down, e.g. go South, SW' or follow a simple bearing. You need to know how to use one!

Headtorch

Headtorches and battery technology and life has improved greatly over the past ten years. However, you need to be sure you have enough battery; and be prepared for any batteries, even a rechargeable battery to suddenly fail on you.

Carrying a set of spare batteries is good practice. Carrying a spare mini-head torch is even better; it allows you to see to change the batteries in your main torch. Sunset at the start of November is at approximately 1625 so you will need to be visible by about 1600, depending on the conditions of the day.



First Aid Kit

We have medics located at all our checkpoints, however you should bring your own emergency supplies for any minor issues such as blisters, grazes or chaffing. You may wish to include the following, for example: dressings, plasters, micropore tape, blister kit, Vaseline, paracetamol, ibuprofen, personal medication etc.

Survival Bag

A survival bag that you get into, cuts out 100% of windchill and any rain. A space blanket cannot do that. Survival blankets or space blankets are not acceptable. A bag can be foil, plastic or made of breathable fabric, often called a bivvy bag and are intended for repeat use.