



Fellsman and Fellsman Dart Kit list

This document is designed to help you have a safe and enjoyable race. Please follow it to make it kit check as stress free as possible.

	ITEM	SPECIFICATION	SUITABLE EXAMPLE <small>(other brands / types are acceptable — these are to give an indication of suitability only)</small>	UNSUITABLE EXAMPLE	CLARIFICATION <small>Things to consider.....</small>
	Rucksack	Any rucksack / backpack capable of securely carrying all the compulsory equipment as well as any additional items you may wish / need to carry during the event.		Damaged, ripped bags or those which cannot be closed / sealed are not acceptable.	Pack must be in good, useable condition. Lightweight running packs are acceptable providing they can accommodate all the required kit.
	Footwear	 <p>Appropriate Footwear for winter trail/mountain running/walking.</p>		Very worn shoes or those with tears in the fabric are not safe or suitable. Footwear must be in good condition and appropriate for the terrain.	'Box fresh' footwear is not recommended. Footwear should be worn in before the event.



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Trousers	Full length leg wear	Full length trousers / leggings. Either worn or carried.		 <p>You may start the race in shorts but are required to carry 1 full length base layer in addition to waterproof trousers.</p> <p>Long socks and leggings are acceptable as long as your legs are completely covered</p>	 <p>You may start the race in shorts but are required to carry 1 full length base layer in addition to waterproof trousers.</p> <p>Long socks and leggings are acceptable as long as your legs are completely covered</p>
Water proof trousers / pants		Full-length waterproof trousers with fully taped seams.		Trousers with non-taped seams are unsuitable.	Heavier duty waterproof trousers are recommended as lightweight trousers lack durability in extreme conditions.
Tops (5 in total)	Fleece / down / thermal layer	Additional layering for cold weather conditions. Minimum 1 item such as a fleece or Synthetic/Down jacket or mid layer long sleeve top	 	 <p>Gilets and short sleeve items not allowed as they don't give full coverage</p>	Any warm, long sleeve top or thermal jacket

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<p>Waterproof Jacket</p>	<p>Waterproof jacket with hood and fully taped seams.</p>		<p>Wind stopper light weight jackets with no waterproofing, non-taped seams or non-hooded jackets</p>	<p>Heavier duty jackets are recommended as lightweight jackets lack durability in extreme conditions. A hood with a synch cord is recommended to keep the hood on in high winds.</p>
<p>3 full-length sleeve tops</p>	<p>Long sleeve base layer top - natural or synthetic fibre. 2 additional tops for layering / to replace wet tops as required.</p>			<p>If desired, 1 short-sleeve top may be worn with arm guards/sleeves to make 1, long-sleeved top providing there is no gap between the shirt sleeve and the arm sleeve. Only 1 long-sleeve top of the 5 compulsory tops may comprise this configuration.</p>
<p>Hat</p>	<p>Warm hat, natural or synthetic fibre. Must cover whole head down to ears.</p>		 <p>Standard baseball caps are not do not meet kit requirements</p>  <p>"Buff" is not as a hat</p> <p>A Snood or acceptable</p>	<p>A waterproof warm hat could be advantageous. Consider a hat with ear covering flaps for extra warmth.</p>



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	<p>Gloves</p>	<p>Warm gloves Mittens can be brought in addition but a pair of gloves with fingers must be worn or carried.</p>		<p>Non warm or waterproof gloves for example, gardening or rubber gloves or similar are not acceptable.</p>	<p>Waterproof gloves / over mittens are recommended. Liner gloves are recommended for use with mittens.</p>
	<p>Drybag</p>	<p>Any brand of dry bag to keep your kit completely dry inside your rucksack.</p>		<p>Ripped or damaged bags are not acceptable.</p>	<p>Check the drybag is completely waterproof – often they aren't!</p>





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<p>First Aid Kit</p>	<p>First-Aid Kit with minimum contents as listed</p>	<p>1 crepe or conforming bandage, 1 small roll of tape, 6 adhesive dressings, 1 sterile none adhesive dressing, 1 large dressing Minimum size of 60mm x 70mm 4 safety pins, (yes, we know there are 5 in the picture) 2 disinfectant wipes</p>			<p>This is a minimum kit; if things go wrong, you might need more – entrants are advised to remember that when packing your first aid kit.</p> <p>This is an example of a minimum personal first aid kit</p> 
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Lighting	Head Torch	<p>Head torch bright enough to safely run, walk and navigate at night.</p> <p>This must have spare batteries or a second back up head torch is required.</p> <p>Must be fully charged and capable of lasting more than 10 hours.</p> <p>Small LED rear light visible at all times on the rear pack of the participant at night</p>		<p>Phone torch or small head torch will not be accepted as a main torch.</p>  <p>Hand-held torches are not acceptable.</p>	<p>We recommend a second basic headtorch instead of 1 torch with spare battery/batteries as they can be easier to changeover in dark, windy, cold & wet conditions.</p>
	Rear red light	<p>A small flashing or solid LED light such as a bike style red led light or similar running red light attached to the rear of the pack.</p>		<p>Any alternative colour lights.</p>	<p>A headtorch with a built-in rear red flashing light is acceptable as long as the torch is worn OVER any hood / hat. The flashing red light MUST be visible.</p>
	Whistle	<p>Whistle for signalling help, can be attached to backpack if included eg. on a strap.</p>			<p>Must work and may be tested at kit check</p>



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Eating / drinking	
<p>Mug</p>	<p>A suitable container to allow you to drink and eat from.</p>  <p>While collapsible cups are great for the environment and cold drinks, they are not practical for hot drinks and will not meet kit requirements.</p>  <p>Thick-walled collapsible cup are acceptable.</p> <p>We recommend 2 mugs / cups to enable you to eat and drink at the same time.</p>
<p>Spoon / spork</p>	<p>Spork or similar eating tool to consume food on the event</p>  <p>A regular fork will not enable you to eat some food items on route.</p> 
<p>Emergency rations</p>	<p>At least 500kcal of ready-to-eat energy giving and sustaining food of your choice which you would be happy to eat in the event of an emergency. These rations must not be eaten enroute, except in an emergency, after which the entrant will be retired.</p> <p>A minimum of 500ml of water or liquid refreshment upon leaving a checkpoint. This can be consumed between checkpoints but must be refilled upon arrival at the next checkpoint before departure</p>  <p>Anything which requires warm water to activate it eg. ration packs.</p> <p>Food which will not be safe to eat after 24 hours being unrefrigerated eg meat / cooked rice etc....</p> 
<p>Emergency water / liquid</p>	<p>It also has to be food you would actually eat not the block of old mint cake that's done as many marathons as you have and is well past its date.... That old lump of marzipan that's out of date and has done more events than you and you'd never eat it.</p>  <p>Bladder/Reservoir or bottles or soft flasks in any combination.</p>






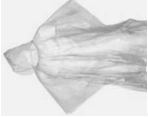





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<p>Navigation</p>	<p>Map(s)</p>	<p>Maps for the entire course of your race, Fellsman or Fellsman Dart:</p> <p>Fellsman Harvey Map (2026 edition)</p> <p>OR:</p> <p>OS Landranger 98 Wensleydale & Upper Wharfedale</p> <p>OR</p> <p>OS Explorer OL2 Yorkshire Dales – Southern & Western areas AND OL30 Yorkshire Dales Northern & Central</p> <p>OR</p> <p>Harvey's Yorkshire Dales South West, South East & North East</p> <p>OR</p> <p>An old (pre-2026) Fellsman Harvey's maps PLUS any 1 of the following:</p> <ul style="list-style-type: none"> • Harvey's Yorkshire Dales South West • Harvey British Mountain Yorkshire Dales • OS Explorer OL30 Yorkshire Dales – Northern & Central • OS Landranger 98 Wensleydale & Upper Wharfedale <p>DART ONLY – Harvey British Mountain Yorkshire Dales</p>	<p>Maps that don't cover your entire race route</p> <p>Maps on GPS devices alone are insufficient. A paper map is required kit.</p> <p>Strip maps / segment maps are not acceptable.</p>	<p>The knowledge of how to use it in conjunction with the compass is essential.</p> <p>Consider waterproof maps or a waterproof map case / cover to keep your map dry.</p> <p>We recommend purchasing a new 2026 edition Fellsman map to ensure you have all the information accurately recorded on 1 map for the entire Fellsman and Fellsman Dart routes.</p>
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		<p>A baseplate magnetic compass capable of being placed on a map and a bearing being taken.</p>		 <p>Compasses on phones, watches or GPS devices do meet kit requirements. Compasses with only colours or without degrees marked are also do not meet kit requirements.</p>	<p>The knowledge of how to use it in conjunction with the map is essential!</p>
	<p>Survival bag</p>	<p>Survival bag. This must have been manufactured for this purpose.</p>		<p>Foil survival blankets or sheets will not be accepted.</p> 	
<p>Emergency</p>	<p>Poncho</p>	<p>An emergency foil poncho with hood.</p>		<p>A waterproof poncho</p>  <p>Foil survival blankets or sheets will not be accepted.</p>  <p>A poncho without a hood is not acceptable.</p>	
	<p>Goggles</p>	<p>Clear goggles for eye protection from the wind and debris.</p>		<p>Any tinted eye wear does not meet kit requirement.</p> 	<p>We recommend that they have a strap around the head to help keep them secure.</p>

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			Must seal around the eyes - sunglasses, reading glasses and anything that does not seal around the eyes does not meet kit requirements.		
			Ski goggles or safety glasses that seal around the eyes are acceptable.		
			Must be fully charged, working mobile phone at the time of setting off with the ability to make emergency calls.		
		Mobile phone			<p>Entrants are advised to carry the means to recharge the phone in the event of an emergency situation.</p> <p>The event emergency mobile phone number 07557 164403 should be programmed in for ease of use in an emergency.</p>

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RECOMMENDED ITEMS – NON-COMPULSORY KIT

	<p>Spare Socks</p>	<p>1 Pair of Spare Dry Socks / water proof socks</p> 	<p>Should be the same size and standard as your regular worn socks.</p>	<p>No smaller or kids socks to save weight. They need to actually fit you</p> 	
	<p>Snood / neck gaiter</p>	<p>Neck gaiter/tube scarf or similar</p>	 <p>It does not have to be a Fellsman / Dart one but we'd love it to be!</p>		<p>Useful for all sorts of things from keeping your neck warm to a make-shift additional hat or even an arm sling. Neck gaiters have innumerate uses!</p>
	<p>GPS Devices</p>	<p>Entrants are welcome to carry a dedicated handheld GPS device. Alternatively, they may use a wrist mounted devices such as Garmin or Suunto watches</p>		<p>Mobile phone Apps are not a suitable method of navigation.</p> 	<p>GPS devices, if used, are not a replacement for a map and compass.</p>