

Miner's Way Challenge

Equipment checklist

Make sure you're ready for the Miner's Way Challenge with this handy guide to essential clothing and kit

Clothing Checklist

- ☐ Pilgrims running vest
- ☐ Running trainers
- ☐ Running socks
- ☐ Lightweight sports leggings or shorts
- ☐ Micro-fibre fleece (for layering)
- ☐ Waterproof running jacket

Essential Equipment

- ☐ A form of ID
- ☐ Runner bib
- ☐ Mobile phone (fully charged)
- ☐ Cash/Card (for emergencies)
- ☐ x2 Water carriers
- ☐ Light weight running pack

Optional/Weather dependant

Extras

- ☐ Hand sanitiser
- ☐ First aid kit (with blister plasters)
- ☐ Sun hat (peaked or wide brimmed)
- ☐ Sun cream (100% UV protection)



Lace up your trainers and get ready to run for hospice care!

We recommend that all participants consider bringing these key items with them on the Miner's Way Challenge. Not all items are essential, but ultimately it's up to you to decide which kit works best for you during your training.

What clothing to wear

It is important to remember that you will typically spend between 1-5 hours (route dependant) outside during the Miner's Way Challenge, depending on your ability and chosen route. You should check the weather forecast the day before the event to inform your clothing decisions and remember especially in march that the British weather, and temperatures, can be very changable throughout the course of a day. You may be starting in cooler temperatures and early morning rain, but experience beautiful sunny skies by lunchtime. That is why we would always recommend the

- **Comfortable running trainers**

Waterproof/repellent and fully broken in through training. Route dependant you may be running across fields, paths and rural spots during the challenge and there's potential for these areas to be wet.

- **Running socks**

Running socks will help to keep your feet dry, less sweaty and provide cushioning, which in turn can prevent blisters from forming. You can of course use cotton socks, but we highly recommend training in your running socks and find what works best for you.

- **Running leggings or shorts**

Your choice of leggings or shorts will depend on the weather and what is most comfortable for you.

- **Comfortable running vest or long sleeved top**

You can purchase one of our Pilgrims branded running vests or technical T-shirts to help show your support whilst on the run, but you can wear any comfortable running attire.

- **Additional layers**

With British weather being very changeable, we recommend packing additional layers such as a waterproof/windproof jacket to protect you against a variety of weather conditions. You will also appreciate a warm layer for your journey home!

- **Sun hat (peaked or wide-brimmed)**

Hopefully, the spring sun will be shining on you for the Miner's Way Challenge. We therefore consider bringing a hat or cap to keep the sun off your head, face and neck.

- **Neck buff**

A neck buff can keep you warm too. You can purchase an official Pilgrims Hospices neck buff in advance for just £5. Email fundraising@pilgrimshospices.org to find out more.

Keep the
sun off your neck
with the official Pilgrims
Hospices neck buff.
Available for just £5.



Essential Equipment

- **Running pack**

A running pack keeps your essentials like water, nutrition, and phone secure and accessible without disrupting your stride, helping you stay focused and comfortable throughout the event. It also allows you to carry safety items and extra layers, making sure you're prepared for changing conditions on race day.

- **Water carriers** Essential

These can be bottles, camelbacks or water pouches but please aim to carry a reasonable amount of water with you at all times. You'll be working up a sweat and will need to stay hydrated throughout. There will be water stations available at all rest stops where you can top up your supplies. Also consider, rehydration sachets – available at most pharmacies.

- **Mobile phone** Essential

A fully charged mobile phone is a must for contacting event organisers, medics, loved ones or even 999 in case of an emergency. Event organisers may also contact you on the day to check your progress, particularly in the latter stages. If you have a smartphone, downloading the free Pilgrims Hospices Event App will allow you to see precisely where you are positioned on a detailed course map. And apps like What3Words can tell our event medics your exact location in case of injury.

- **Participant running bib** Essential

A running bib containing your name and unique participant number will be posted to you in the weeks before the event. You must bring this with you on the day so you can be easily identified by the organisers.

- **First aid kit** Essential

A kit with basic supplies to keep you going. Painkillers and blister kits are a key part of this (Compeed / 2nd Skin / zinc oxide tape).

- **Cash/Card** Essential

It's important to have some money with you for unexpected journeys and emergencies. You will be fully supported during the challenge with regular rest stops and emergency medical assistance, but should you choose to leave the event early, you will need to make your own way home.

- **Hand sanitiser**

It's a good idea to carry hand sanitiser gel. There will also be hand sanitising stations available at each rest stop.

- **Power bank**

A fully charged power bank is a sensible precaution to have with you. Should your phone's battery run down or die unexpectedly during the event, you will be able to top it up with this handy reserve power source. Especially those on the half marathon trail.

- **Sun protection**

It is a good idea to bring sunglasses to reduce eyestrain and glare, lip balm to keep your lips hydrated, a hat to protect your head and neck, and sun cream to protect your skin.





Best foot forward!

Make sure you wear footwear that feels comfortable and that you have been training in. We certainly don't expect you to go out and buy new footwear for this challenge. However, there are some things to take into consideration:

- **Choosing the Right Running Trainers**

Finding the right running trainers is one of the kindest things you can do for yourself as you prepare for your challenge. The perfect pair should support your feet, cushion each step, and help you with confidence from the first mile to the finish line. Comfort and care make all the difference, and your footwear is no exception. Look for trainers that suit your running style, offer good arch support, and feel secure without being tight. Most importantly.

- **If buying new footwear - get them fitted**

When you are investing in a new pair of trainers, please don't buy online. Instead, visit a local retailer. They will fit you properly, find shoes that are best suited for the shape of your feet and that aren't too small/tight/big etc.

- **Blister treatment**

Don't wait until you get a blister to treat it. Everyone gets hot spots that you can feel starting to hurt – prevention is better than a cure! If you feel a warm spot, or a part of your foot that is rubbing, consider your sock position (seams etc.).

Neat nails

- Make sure you keep your toe nails clipped and trimmed so that your nails aren't hitting the bottom of your trainers. Should it happen, this will likely lead to bruised (and even loss of) toenails during or after the challenge!

For more kit advice, please email fundraising@pilgrimshospices.org

Get fitter, go further and help to raise vital funds to support hospice care right across our east Kent community. Thank you so much for your support and have a great run!