**Please see the below information regarding what to wear.**

**What to wear**: Do expect that that whatever you’re wearing will get wet, dirty and possibly scuffed. However, everything on the assault course is optional, so if anyone doesn't want to get wet, they can avoid this if preferred.

**Footwear**:

Trail/running/hiking shoes if possible but normal trainers will be fine

No open-toed or heeled shoes

**Clothing**:

· Wear comfortable sportswear such as leggings, shorts, long/short-sleeved t-shirts

· Change of clothes including warm layers and dry footwear for afterwards.

· Long hair tied back

· No loose jewellery

**Showers**: We have shower facilities on-site to rinse off (sometimes warm, sometimes cold – the nature of technology and the great outdoors), and changing rooms, so bring a towel if you wish to use these after getting sweaty and muddy.

**Medication/illness/injuries:**

Please ensure you have any required medication, such as inhalers and insulin, and inform our team. Please let us know if you have any injuries or chronic conditions our first aid-trained team should be aware of.

**Phones/photos:**

Our marshals will capture photos and video clips as everyone runs through the course and we will upload these and send you a link to share, download, and post as you wish. You’re welcome to use your phones but at your own risk as they can get damaged or lost in the forest, so we advise against this.

**Valuables**: We have space for valuables at Basecamp where you can leave keys and phones, these will not be left unattended.

**Parking**: We encourage car sharing as much as possible; to do our little bit for the planet and as we have limited space for around 50 cars.

Coach drop-off points are a few minutes’ walk from Basecamp.

**LOCATION**: pin shows entrance to tracks from Racecourse Road.

Find us on: [Google Maps](http://shorturl.at/bfpP4)

Find us with: [What3Words](https://what3words.com/bottom.lied.fire)