



THE VANGUARD TOUGH MUDDER TAKEOVER

Race day checklist

For professional investors

The must haves:

Your ticket - you can find this by logging into your Tough Mudder account, using your professional email address.

Government photo ID – not your work pass

Change of clothing and footwear for post-event

A towel

Credit or Debit Card for any extra food or drink (this is a cashless venue)

Some sensible suggestions:

Another bag (for wet, muddy gear post-event), we'll be giving you a drawstring bag at the finish line, so try to leave the plastic at home

Sunscreen

Water for your journey home (there will be plenty on site)

Snacks, if you have a specific preference for endurance events or if you have allergies

A positive attitude - you've got this

You should **NOT** bring:



- Valuable, non-replaceable items (wedding ring, jewellery, nice sunglasses, etc.)
- Unnecessary wallet items other than your government ID and credit card
- Clothing that you do not want to get dirty, damaged, or misplaced
- Banned items including weapons, drugs, alcohol, and drones.

Useful tips:



- Arrive on site no later than 11am
- There will be shuttle buses running from Three Bridges Train Station to drive you to the site, or if you want the warm up, a c. 20min walk
- The address for anyone driving is: Holmbush Estate, Crawley Road, Faygate, West Sussex, RH12 4SE

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