

ULTRA X SOUTH AFRICA MANDATORY KIT LIST



20% off with: **ULTRAX_20**



Must be carried at all times

330

Running pack	✓	Link
Hydration system/s with capacity for minimum 1.5L of water	✓	Link
Durable waterproof jacket with hood and taped seams	✓	Link
Legionnaire style hat which completely protects the head and nape of neck	✓	Link
Buff/scar or similar to cover your nose and mouth	✓	Link
High quality head torch with spare batteries (or second torch)	✓	Link
Whistle	✓	Link
Watch (GPS advised)	✓	Link
Personal basic first aid kit	✓	Link
Any medication required	✓	
Emergency food reserve (800kcal minimum)	✓	
Fully charged phone with gpx file uploaded	✓	
Suitable running shoes	✓	
Printed copy of your insurance showing emergency contact and policy number.	✓	
Personal beaker 15cl minimum (bottles or flasks are not accepted)	✓	

To be left at camp

Warm jacket (for the evenings)	✓	Link
Sleeping bag (0-17°C at night)	✓	Link
Roll mat	✓	Link
Insect repellent	✓	
Biodegradable toilet bags	✓	
Hand sanitiser/alcohol gel	✓	
Minimum of 2,000 kcal food per day (dehydrated or freeze dried food is highly recommended)	✓	
Competitor to bring their own stove/jetboil (Ultra X will provide gas at registration)	✓	

Highly recommended

Running poles	✓	Link
Sunglasses	✓	Link
Sun block (50+ is recommended)	✓	Link
Battery pack	✓	Link
Spork or similar eating utensils	✓	Link
Desert gaiters (to keep sand out)	✓	Link
Pillow, ear plugs & eye mask	✓	
Baby wipes, 60-200 (consider carrying whilst running for toilet stops)	✓	
Shoes, normal clothes and toiletries for camp (flip flops or similar)	✓	

Each food item must be labelled with the number of calories it contains. In line with our [Sustainability Policy](#), participants must also label all disposable packaging with their bib number. Any packaging found littered will put the corresponding participant at risk of disqualification.

Race holdalls (which will be transported between campsites) must not exceed 20kg and must be waterproof.

For more guidance on essential ultramarathon kit, please read [this article](#)

Our Race Partners



#theultraXperience

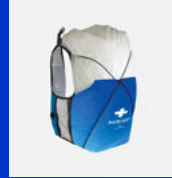
ULTRA-X.CO

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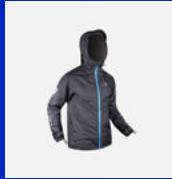
**RAID LEGEND
24L PACK 550G**

- Resistant
- Versatile
- Pole Holder
- Suitable for Ultra



**ULTRALIGHT
24-30L PACK 330G**

- Ultralight
- Supplied With 2 Easyflasks
- Pole Holder
- Suitable for Ultra



**ULTRALIGHT 2.0
MP+ VEST 150G**

- Waterproof
- Packable
- Ultralight
- Suitable for Ultra



**DESERT GAITERS
PROTECT 40G**

- Resistant
- Packable
- Ultralight



**COMPACT Z
CARBON POLES 105G**

- Ultralight
- Competition
- 3 Sections
- Resistant & Compact



**ULTRA 4 DESERT
PROTECT 300G**

- Drop 6mm
- Resistant
- Cushioned
- MATRYX



**2 IN 1 SLEEPING BAG
& DOWN JACKET 600G**

- Warm & Insulating
- Packable
- Convertible



**ULTRALIGHT
1200 130G**

- Waterproof
- Delivered with two batteries
- Ultralight
- Suitable for Ultra

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