



ULTRA X JORDAN MANDATORY KIT LIST

Must be carried at all times

220 Challenge

Running pack	✓	✓
Hydration system/s with capacity for minimum 1.5L of water	✓	✓
Suitable running shoes	✓	✓
Durable waterproof jacket with hood	✓	✓
Protective hat/cap	✓	✓
Spare warm mid/base layer	✓	✓
High quality head torch with spare batteries (or second torch)	✓	✓
Whistle	✓	✓
Watch with GPS	✓	✓
Emergency blanket	✓	✓
Emergency food reserve (800kcal minimum)	✓	✓
Fully charged phone with gpx file uploaded	✓	✓
Printed copy of your insurance, showing emergency contact and policy number	✓	✓
Personal beaker 15cl minimum (bottles or flasks are not accepted)	✓	✓
Sand gaiters for shoes	✓	✓
Printed Jordan Pass	✓	✓

To be left at camp

Warm jacket (for the evenings)	✓	✓
Sleeping bag (0-17°C at night)	✓	✓
Roll mat	✓	✓
Hand sanitiser/alcohol gel	✓	✓
Minimum of 2,000 kcal food per day (dehydrated or freeze dried food is highly recommended)	✓	✓

Highly recommended

Running poles	✓	✓
Electrolyte solutions	✓	✓
Sunglasses	✓	✓
Sun block	✓	✓
Battery pack	✓	✓
Personal basic first aid kit	✓	✓
Insect repellent	✓	✓
Cash (USD)	✓	✓
Baby wipes	✓	✓

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

