

ULTRA X MOROCCO

MANDATORY KIT LIST



Must be carried at all times during the race

	110	50	25
Running pack	✓	✓	
Hydration system/s with capacity for minimum 1.5L of water	✓	✓	
Hydration system/s with capacity for minimum 1L of water			✓
Durable waterproof jacket with hood	✓	✓	✓
Spare warm mid/base layer	✓	✓	
High quality head torch with spare batteries (or second torch)	✓	✓	
Whistle (Separate or attached to to running pack)	✓	✓	
Watch (GPS advised)	✓	✓	✓
Survival bag (not blanket)	✓	✓	✓
Emergency food reserve (800kcal minimum)	✓	✓	✓
Fully charged phone with a local SIM card/reception so that you are contactable.	✓	✓	✓
Printed copy of your insurance, showing emergency contact and policy number.	✓	✓	✓
Personal beaker 15cl minimum (bottles or flasks are not accepted)	✓	✓	✓
GPX file available offline on at least one device (phone or watch).	✓	✓	✓
Personal beaker 15cl minimum (bottles or flasks are not accepted)	✓	✓	✓

Extreme weather additions (will be communicated 1 week prior if needed)

Waterproof trousers	✓	✓	✓
Gloves	✓	✓	✓

To be left at camp

Warm jacket (for the evenings)	✓		
Sleeping bag (4-10°C at night)	✓		
Roll mat	✓		

Highly recommended

Baby wipes (consider carrying whilst running for toilet stops)	✓	✓	✓
Battery pack	✓	✓	
Buff	✓	✓	✓
Cap	✓	✓	✓
Ear plugs & eye mask	✓		
Local currency	✓	✓	✓
Local Sim card.	✓	✓	✓
Personal basic first aid kit	✓	✓	
Sun block	✓	✓	✓
Sunglasses	✓	✓	✓
UK to local plug converter	✓	✓	✓
Warm hat	✓	✓	

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.

110 camp bag limit: 10kg

For more guidance on the essential ultra marathon kit we recommend, please read this [article](#)



BASE CAMP FOOD
TASTE FOR ADVENTURE

#theultraXperience

ULTRA-X.CO