

ULTRA X MOROCCO MANDATORY KIT LIST



20% off with: **ULTRAX_20**



Must be carried at all times during the race

| | 110 | 50 | 25 | |
|--|-----|----|----|----------------------|
| Running pack | ✓ | ✓ | ✓ | Link |
| Hydration system/s with capacity for minimum 1.5L of water | ✓ | ✓ | | Link |
| Hydration system/s with capacity for minimum 1L of water | | | ✓ | |
| Durable waterproof jacket with hood | ✓ | ✓ | ✓ | Link |
| Spare warm mid/base layer | ✓ | ✓ | | Link |
| High quality head torch with spare batteries (or second torch) | ✓ | ✓ | | Link |
| Whistle | ✓ | ✓ | | Link |
| Watch (GPS advised) | ✓ | ✓ | ✓ | Link |
| Survival bag (not blanket) | ✓ | ✓ | | Link |
| Emergency food reserve (800kcal minimum) | ✓ | ✓ | ✓ | Link |
| Fully charged phone with gpx file uploaded | ✓ | ✓ | ✓ | Link |
| Electrolyte solutions | ✓ | ✓ | ✓ | Link |
| Printed copy of your insurance, showing emergency contact and policy number. | ✓ | ✓ | ✓ | |
| Personal beaker 15cl minimum (bottles or flasks are not accepted) | ✓ | ✓ | | |

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

| | | | | |
|---------------------|---|---|---|----------------------|
| Waterproof trousers | ✓ | ✓ | ✓ | Link |
| Gloves | ✓ | ✓ | ✓ | Link |

To be left at camp

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

Highly recommended

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

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](#)

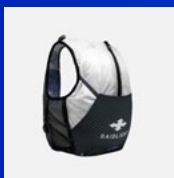


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ULTRA-X.CO



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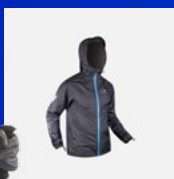
**ULTRALIGHT
12L VEST 190G**

- 9 Pockets
- Supplied With 2 Easyflasks



**RESPONSIV
6L VEST 195G**

- 11 Pockets
- Supplied With 2 Easyflasks



**ULTRALIGHT 2.0
MP+ VEST 158G**

- Waterproof
- Packable
- Ultralight
- Suitable for Ultra



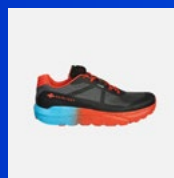
**ULTRALIGHT
MP+ PANT 85G**

- Waterproof
- Packable
- Ultralight
- Suitable for Ultra



**COMPACT Z
CARBON POLES 185G**

- Ultralight
- Competition
- 3 Sections
- Resistant & Compact



**ULTRA 4
SHOES 308G**

- Drop 6mm
- Resistant
- Cushioned
- MATRYX



**2 IN 1 SLEEPING BAG
& DOWN JACKET
609G**

- Warm & Insulating
- Packable
- Convertible



**ULTRALIGHT
1200 130G**

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

20% off with: **ULTRAX_20**



BASE CAMP FOOD
TASTE FOR ADVENTURE

5% OFF WITH **ULTRAX5**



FRACTEL

10% OFF WITH **ULTRA-X-10**

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