

ULTRA X SOUTH AFRICA MANDATORY KIT LIST



Must be carried at all times

330

Running pack	✓
Hydration system/s with capacity for minimum 1.5L of water	✓
Durable waterproof jacket with hood and taped seams	✓
Legionnaire style hat which completely protects the head and nape of neck	✓
Buff/scar or similar to cover your nose and mouth	✓
High quality head torch with spare batteries (or second torch)	✓
Whistle (Separate or attached to running pack)	✓
Watch (GPS advised)	✓
Personal basic first aid kit *	✓
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)	✓

* Personal first aid kit to include plasters, antiseptic ointment and painkillers (e.g. paracetamol) as a minimum. We strongly advise AGAINST taking non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, naproxen and diclofenac, for pain relief during our events.

To be left at camp

Warm jacket (for the evenings)	✓
Sleeping bag (0-17°C at night)	✓
Roll mat	✓
Insect repellent	✓
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	✓
Sunglasses	✓
Sun block (50+ is recommended)	✓
Battery pack	✓
Spork or similar eating utensils	✓
Desert gaiters (to keep sand out)	✓
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



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