



ULTRA X WALES MANDATORY KIT LIST

Must be carried at all times during the race	110 Single Stage. 100 Miler	110 Multi Stage	60/50	25
Running pack	✓	✓	✓	✓
Hydration system/s with capacity for minimum 1.5L of water	✓	✓	✓	✓
Durable waterproof jacket with hood	✓	✓	✓	✓
Spare warm mid/base layer	✓	✓	✓	
High quality head torch		✓	✓	✓
2 head torches each with spare batteries. If one of the devices operates on rechargeable batteries, a power bank must be carried in addition to batteries for the other device. If both devices are battery-powered, only one power bank is required	✓			
Red light (blinking) – to be placed on the back of the participant's backpack, switched on during the night – time period	✓			
Whistle (Separate or attached to to running pack)	✓	✓	✓	✓
Foil blanket				✓
Survival bag (not blanket)	✓	✓	✓	
Emergency food reserve (800kcal minimum)	✓	✓	✓	✓
Fully charged phone with gpx file uploaded	✓	✓	✓	✓
Personal beaker 15cl minimum (bottles or flasks are not accepted)	✓	✓	✓	✓

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

Waterproof trousers	✓	✓	✓	✓
Gloves	✓	✓	✓	✓

If you're camping

Warm jacket (for the evenings)	✓	✓		
Sleeping bag (4-10°C at night)	✓	✓		
Roll mat	✓	✓		
Tent (unless rented with us)	✓	✓		
Camping equipment	✓	✓		

Highly recommended

Running poles	✓	✓	✓	✓
Electrolyte solutions	✓	✓	✓	✓
Sunglasses	✓	✓	✓	✓
Cap	✓	✓	✓	✓
Sun block	✓	✓	✓	✓
Buff	✓	✓	✓	✓
Battery pack	✓			
Personal basic first aid kit	✓	✓	✓	✓

In line with our [Sustainability Policy](#), participants must label all disposable packaging with their bib number. Any packaging found littered will put the participant at risk of disqualification.

Race holdalls (which will be transported to the campsite/

finish) must not exceed 10kg and must be waterproof.

If you are racing The Dash (12k), there is no kit list but we advise you to carry 0.5l of water.

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

Our Race Partners



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