

ULTRA X WALES MANDATORY KIT LIST



20% off with: **ULTRAX_20**



Must be carried at all times during the race

110 Single Stage 110 Multi Stage 60/50 25/12

Running pack	✓	✓	✓	✓	Link
Hydration system/s with capacity for minimum 1.5L of water	✓	✓	✓	✓	Link
Durable waterproof jacket with hood	✓	✓	✓	✓	Link
Spare warm mid/base layer	✓	✓	✓		Link
High quality head torch		✓	✓	✓	Link
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	✓	✓	✓	✓	Link
Foil blanket				✓	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	✓	✓	✓	✓	
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.

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

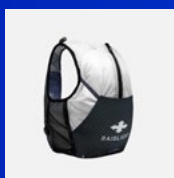
Our Race Partners



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ULTRA X WALES MANDATORY KIT LIST



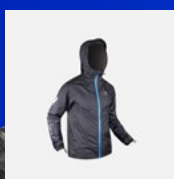
ULTRALIGHT 12L VEST 1906

- 9 Pockets
- Supplied With 2 Eazyflasks
- Pole Holder
- Ultralight



RESPONSIV 6L VEST 1956

- 11 Pockets
- Supplied With 2 Eazyflasks
- Pole Holder
- Ultralight



ULTRALIGHT 2.0 MP+ VEST 1506

- Waterproof
- Packable
- Ultralight
- Suitable for Ultra



ULTRALIGHT MP+ PANT 886

- Waterproof
- Packable
- Ultralight
- Suitable for Ultra



COMPACT Z CARBON POLES 1856

- Ultralight
- Competition
- 3 Sections
- Resistant & Compact



DYNAMIC 3 SHOES 3006

- Tread 6mm
- Drop 6mm
- Suitable for Ultra
- Vibram



2 IN 1 SLEEPING BAG & DOWN JACKET 6086

- Warm & Insulating
- Packable
- Convertible



ULTRALIGHT 1200 1306

- 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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