

ULTRA X ENGLAND 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
Suitable running shoes	✓	✓	✓	Link
Durable waterproof jacket with hood and taped seams	✓	✓	✓	Link
Warm hat	✓	✓		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

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

Waterproof trousers	✓	✓	✓	Link
Gloves	✓	✓	✓	Link

To be left at camp (if camping)

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

Highly recommended

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

In line with our [Sustainability Policy](#), participants must 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 to the campsite/finish) must not exceed 9kg and must be waterproof.

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



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ULTRA X ENGLAND RECOMMENDED EQUIPMENT



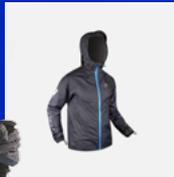
**ULTRALIGHT
12L VEST 190G**

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



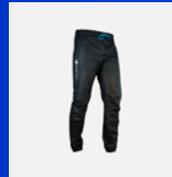
**RESPONSIV
6L VEST 195G**

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



**ULTRALIGHT 2.0
MP+ VEST 150G**

- Waterproof
- Packable
- Ultralight
- Suitable for Ultra



**ULTRALIGHT
MP+ PANT 88G**

- Waterproof
- Packable
- Ultralight
- Suitable for Ultra



**COMPACT 7
CARBON POLES 185G**

- Ultralight
- Competition
- 3 Sections
- Resistant & Compact



**DYNAMIC 3
SHOES 300G**

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



**2 IN 1 SLEEPING BAG
& DOWN JACKET
600G**

- 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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