

ULTRA X FINLAND 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	
Running pack	✓	✓	✓	✓	Link
Hydration system/s with capacity for minimum 1.5L of water	✓	✓	✓		Link
Suitable running shoes	✓	✓	✓	✓	Link
Durable waterproof jacket with hood	✓	✓	✓	✓	Link
Watch (GPS advised)	✓	✓	✓	✓	Link
Emergency blanket	✓	✓	✓		Link
Emergency food reserve (800kcal minimum)	✓	✓	✓		Link
Fully charged phone with gpx file uploaded	✓	✓	✓	✓	Link
Personal beaker 15cl minimum (bottles or flasks are not accepted)	✓	✓	✓	✓	
Headtorch (if camping)	✓				Link
Spare warm mid/base layer	✓				Link

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

Warm hat	✓	✓	✓	✓	Link
Waterproof trousers	✓	✓	✓	✓	Link
Gloves	✓	✓	✓	✓	Link

To be left at camp (if camping)

Warm jacket (for the evenings)	✓	✓			Link
Sleeping bag	✓	✓			Link
Roll mat	✓	✓			Link

Highly recommended

Electrolyte solutions	✓	✓	✓	✓	Link
Sunglasses	✓	✓	✓	✓	Link
Cap	✓	✓	✓	✓	Link
Sun block	✓	✓	✓	✓	Link
Battery pack	✓	✓			Link
Personal basic first aid kit	✓	✓	✓	✓	Link
Insect repellent	✓	✓	✓	✓	

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. Any other bags you are travelling with should be left at your accommodation or the Race Hotel (Solo Sokos). For more guidance on essential ultramarathon kit, please read this [article](#)



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ULTRA X FINLAND RECOMMENDED EQUIPMENT



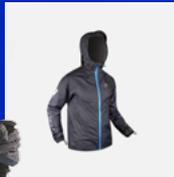
ULTRALIGHT 12L VEST 190G

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



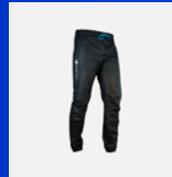
RESPONSIV 6L VEST 195G

- 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 105G

- 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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