

ULTRA X RWANDA MANDATORY KIT LIST



20% off with: **ULTRAX_20**



Must be carried at all times during the race

	110	50	
Running pack	✓	✓	Link
Hydration system/s with capacity for minimum 1.5L of water	✓	✓	Link
Durable waterproof jacket with hood	✓	✓	Link
High quality head torch with spare batteries (or second torch)	✓	✓	Link
Whistle	✓	✓	Link
Watch (GPS advised)	✓	✓	Link
Survival blanket	✓	✓	Link
Emergency food reserve (800kcal minimum)	✓	✓	Link
Fully charged phone with gpx file uploaded	✓	✓	Link
Printed copy of your insurance, showing emergency contact and policy number.	✓	✓	

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
Ear plugs, eye mask & insect repellent	✓	✓	
Towel	✓	✓	
Pillow	✓	✓	

Highly recommended

Running poles	✓	✓	Link
Sunglasses	✓	✓	Link
Cap	✓	✓	Link
Sun block	✓	✓	Link
Buff	✓	✓	Link
Battery pack	✓	✓	Link
Personal basic first aid kit	✓		Link
Warm hat	✓	✓	Link
Electrolyte solutions	✓	✓	Link
Local currency	✓	✓	
Local Sim card. We recommend Ubigi eSIM which offers data plans in over 200 destinations. Use code ULTRAX24 for 10% off here	✓	✓	
Baby wipes (consider carrying whilst running for toilet stops)	✓	✓	
UK to local plug converter	✓	✓	

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.

110 camp bag limit: 10kg

For more guidance on the essential ultra marathon kit we recommend, please read [this article](#)



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ULTRA X RWANDA RECOMMENDED EQUIPMENT



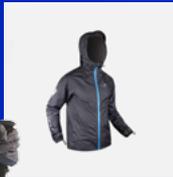
ULTRALIGHT 12L VEST 190G

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



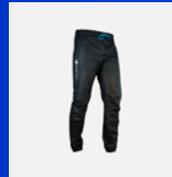
RESPONSIV 6L VEST 195G

- 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

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BASE CAMP FOOD
TASTE FOR ADVENTURE

5% OFF WITH ULTRAX5



FRACTEL

10% OFF WITH ULTRA-X-10

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