

# ULTRA X SOUTH AFRICA MANDATORY KIT LIST



20% off with: **ULTRAX\_20**



## Must be carried at all times during the race

330

Running pack	✓	<a href="#">Link</a>
Hydration system/s with capacity for minimum 1.5L of water	✓	<a href="#">Link</a>
Durable waterproof jacket with hood and taped seams	✓	<a href="#">Link</a>
Legionnaire style hat which completely protects the head and nape of neck	✓	<a href="#">Link</a>
Buff/scarf or similar to cover your nose and mouth	✓	<a href="#">Link</a>
High quality head torch with spare batteries (or second torch)	✓	<a href="#">Link</a>
Whistle	✓	<a href="#">Link</a>
Watch (GPS advised)	✓	<a href="#">Link</a>
Personal basic first aid kit	✓	<a href="#">Link</a>
Any medication required	✓	
Emergency food reserve (800kcal minimum)	✓	<a href="#">Link</a>
Fully charged phone with gpx file uploaded	✓	<a href="#">Link</a>
Electrolyte solutions	✓	<a href="#">Link</a>
Suitable running shoes	✓	<a href="#">Link</a>
Desert gaiters (to keep sand out)	✓	<a href="#">Link</a>
Printed copy of your insurance showing emergency contact and policy number.	✓	
Personal beaker 15cl minimum (bottles or flasks are not accepted)	✓	

## To be left at camp

Warm jacket (for the evenings)	✓	<a href="#">Link</a>
Sleeping bag (0-17°C at night)	✓	<a href="#">Link</a>
Roll mat	✓	<a href="#">Link</a>
Insect repellent	✓	
Biodegradable toilet bags	✓	
Hand sanitiser/alcohol gel	✓	
Minimum of 2,000 kcal food per day (dehydrated or freeze dried food is highly recommended)	✓	<a href="#">Link</a>
Competitor to bring their own stove/jetboil (Ultra X will provide gas at registration)	✓	

## Highly recommended

Running poles	✓	<a href="#">Link</a>
Sunglasses	✓	<a href="#">Link</a>
Sun block (50+ is recommended)	✓	<a href="#">Link</a>
Battery pack	✓	<a href="#">Link</a>
Spork or similar eating utensils	✓	<a href="#">Link</a>
Pillow, ear plugs & eye mask	✓	
Baby wipes, 60-200 (consider carrying whilst running for toilet stops)	✓	
Shoes, normal clothes and toiletries for camp (flip flops or similar)	✓	

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.

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



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# ULTRA X SOUTH AFRICA RECOMMENDED EQUIPMENT



**RAID LEGEND  
24L PACK 550G**

- Resistant
- Versatile
- Pole Holder
- Suitable for Ultra



**ULTRALIGHT  
24-30L PACK 330G**

- Ultralight
- Supplied With 2 EasyFlasks
- Pole Holder
- Suitable for Ultra



**ULTRALIGHT 2.0  
MP+ VEST 150G**

- Waterproof
- Packable
- Ultralight
- Suitable for Ultra



**DESERT GAITERS  
PROTECT 40G**

- Resistant
- Packable
- Ultralight



**COMPACT 7  
CARBON POLES 105G**

- Ultralight
- Competition
- 3 Sections
- Resistant & Compact



**ULTRA 4 DESERT  
PROTECT 300G**

- Drop 6mm
- Resistant
- Cushioned
- MATRYX



**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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