

ULTRA X TANZANIA MANDATORY KIT LIST



20% off with: **ULTRAX_20**



Must be carried at all times

220

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
Protective hat/cap	✓	Link
Spare warm mid/base layer	✓	Link
High quality head torch with spare batteries (or second torch)	✓	Link
Whistle	✓	Link
Watch (GPS advised)	✓	Link
Emergency 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	✓	
Personal beaker 15cl minimum (bottles or flasks are not accepted)	✓	

To be left at camp

Warm jacket (for the evenings)	✓	Link
Sleeping bag (average 19°C at night)	✓	Link
Minimum of 2,000 kcal food per day (dehydrated or freeze-dried food is recommended)	✓	Link

Highly recommended

Running poles	✓	Link
Electrolyte solutions	✓	Link
Sunglasses	✓	Link
Sun block	✓	Link
Battery pack	✓	Link
Personal basic first aid kit	✓	Link
Insect repellent	✓	
Cash (USD)	✓	
Baby wipes	✓	

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.

Race holdalls (which will be transported between campsites) must not exceed 20kg and must be waterproof.

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



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ULTRA X TANZANIA RECOMMENDED EQUIPMENT



**RESPONSIV 12L
PACK 238G**

- Resistant
- Versatile
- Pole Holder
- Suitable for Ultra



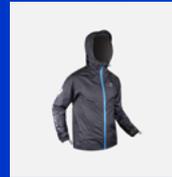
**COMPACT Z
CARBON POLES 185G**

- Ultralight
- Competition
- 3 Sections
- Resistant & Compact



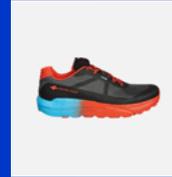
**2 IN 1 SLEEPING BAG
& DOWN JACKET
608G**

- Warm & Insulating
- Packable
- Convertible



**ULTRALIGHT 2.0
MP+ VEST 150G**

- Waterproof
- Packable
- Ultralight
- Suitable for Ultra



**ULTRA 4
SHOES 300G**

- Drop 6mm
- Resistant
- Cushioned
- MATRIX



**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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