

ULTRA X WALES MANDATORY KIT LIST



20% off with: **ULTRAX_20**



Must be carried at all times during the race	110	60	50	25	
Running pack	✓	✓	✓	✓	Link
Hydration system/s with capacity for minimum 1.5L of water	✓	✓	✓	✓	Link
Durable waterproof jacket with hood	✓	✓	✓	✓	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 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)	✓	✓	✓	✓	

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

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

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 WALES RECOMMENDED EQUIPMENT



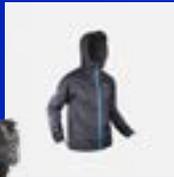
**ULTRALIGHT
12L VEST 190G**

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



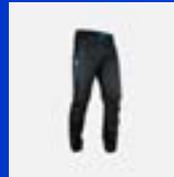
**RESPONSIV
6L VEST 195G**

- 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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