



SPRING TRAIL SERIES KIT LISTS

Kit lists for each race in the Spring Trail Series by Ultra X can be found below. Each race has different requirements so please be sure to adhere to the correct one.

In line with our [Sustainability Policy](#), all participants must label all disposable packaging with their bib number. Any packaging found littered will put the corresponding participant at risk of disqualification.

All participants will be able to keep one bag at race registration for when they return. Whilst we do not recommend leaving valuables, these bags will be kept under supervision for the entirety of the event.

12KM & 25KM



**THERE IS NO MANDATORY KIT LIST FOR THE 12KM & 25KM.
HOWEVER, WE RECOMMEND BRINGING THE FOLLOWING ITEMS:**

1. Trail shoes
2. A durable water repellent and windproof jacket with taped seams
3. Fully charged smartphone (in case of emergency)
4. Enough food and drink to last the race
5. Any 25KM participants that wish to make use of the drinks on offer at Aid Station 1 must bring a re-usable cup or carry a hydration pack (as per our [Sustainability Policy](#) there will be no plastic cups available)
6. Sun block (minimum strength factor 30) ([option here](#)).
7. Personal beaker 15cl minimum (bottles or flasks are not accepted)

50KM



THE FOLLOWING EQUIPMENT IS REQUIRED BY RACE RULES:

1. Suitable running shoes
2. Suitable running socks
3. Running pack
4. Hydration system with capacity for minimum 1 litre of fluid
5. A durable waterproof jacket with taped seams
6. Buff/scarf or similar to cover your nose and mouth
7. High quality head torch with spare batteries ([option here](#)).
8. Whistle ([option here](#)).
9. Watch (GPS advised but not mandatory)
10. Personal basic first aid kit, including: cleansing wipes, antiseptic spray or cream, plasters ([option here](#)).
11. Survival blanket/bag ([option here](#)).
12. Any medication required
13. Minimum of 800 kcal food reserve
14. Fully charged smartphone with GPX route file downloaded
15. Personal beaker 15cl minimum (bottles or flasks are not accepted)

50 MILER



THE FOLLOWING EQUIPMENT IS REQUIRED BY RACE RULES:

1. Suitable running shoes
2. Suitable running socks
3. Running pack
4. Hydration system with capacity for minimum 1 litre of fluid
5. A durable waterproof jacket with taped seams
6. Buff/scarf or similar to cover your nose and mouth
7. High quality head torch with spare batteries ([option here](#)).
8. Whistle ([option here](#)).
9. Watch (GPS advised but not mandatory)
10. Personal basic first aid kit, including: cleansing wipes, antiseptic spray or cream, plasters ([option here](#)).
11. Survival blanket/bag ([option here](#)).
12. Any medication required
13. Minimum of 800 kcal food reserve
14. Fully charged smartphone with GPX route file downloaded
15. Personal beaker 15cl minimum (bottles or flasks are not accepted)

110KM



THE FOLLOWING EQUIPMENT IS REQUIRED BY RACE RULES:

1. Suitable running shoes
2. Suitable running socks
3. Running pack
4. Hydration system with capacity for minimum 1 litre of fluid
5. A durable waterproof jacket with taped seams
6. Buff/scarf or similar to cover your nose and mouth
7. High quality head torch with spare batteries ([option here](#)).
8. Whistle ([option here](#)).
9. Watch (GPS advised but not mandatory)
10. Personal basic first aid kit, including: cleansing wipes, antiseptic spray or cream, plasters ([option here](#)).
11. Survival blanket/bag ([option here](#)).
12. Any medication required
13. Minimum of 800 kcal food reserve
14. Fully charged smartphone with GPX route file downloaded
15. Personal beaker 15cl minimum (bottles or flasks are not accepted)