

Dear Competitor,

THE FOLLOWING EQUIPMENT IS REQUIRED BY RACE RULES:

1. Suitable running shoes*
2. Suitable running socks*
3. A warm jacket (for the evenings)
4. A durable water repellent (DWR protection) windproof jacket*
5. Buff/scarf or similar to cover your nose and mouth*
6. Sunglasses*
7. Legionnaire style hat or equivalent combination which completely protects the head and nape of neck*
8. Watch*
9. Running pack*
10. Whistle*
11. Compass*
12. Hydration system with capacity for minimum 1.5 litres of fluid*
13. High quality head torch with spare batteries (we also recommend red light capability)*
14. Minimum of 800 kcal food reserve to be carried on you during each stage.*
15. Minimum of 2000Kcal per day. Freeze dried food is highly recommended
16. Sun block (Minimum strength factor 30, although 50+ is recommended)*
17. Personal basic first aid kit (including: safety pins *4, cleansing wipes, antiseptic spray or cream, plasters, survival blanket)*
18. Any medication you require*
19. Sleeping bag (7-15 celsius at night)
20. Insect repellent
21. Proof of medical insurance
22. Local currency (Jordanian Dinar) for meals and souvenir shopping

HIGHLY RECOMMENDED:

- Running poles
- Electrolyte solutions
- Roll mat or similar
- Pillow
- Music/ iPod or similar
- Normal clothes and toiletries for when you leave the race and for travelling
- Feel free to bring additional supplies, equipment or personal items
- Baby wipes (2 packs of 60-100). You do not have to carry these while running but consider carrying some for toilet stops)
- Spork, or similar eating utensils
- Shoes for camp, flip flops or similar (these can be left at camp while running)

A competitor's race hold-all (as mentioned in the race information pack) must not exceed 12kgs and must fit into one waterproof hold-all bag.

* Items which must be carried on competitors at ALL times during the race.