

# ULTRA X JORDAN MANDATORY KIT LIST

## THE FOLLOWING EQUIPMENT IS REQUIRED BY RACE RULES:

### MUST BE CARRIED AT ALL TIMES DURING THE RACE:

1. Suitable running shoes
2. Suitable running socks
3. Desert gaiters (to keep sand out)
4. Running pack
5. Hydration system with capacity for minimum 1.5 litres of fluid
6. A durable water repellent and windproof jacket with taped seams
7. Legionnaire style hat which completely protects the head and nape of neck
8. Buff/scarf or similar to cover your nose and mouth
9. High quality head torch with spare batteries (red light capability recommended)
10. Whistle
11. Watch (GPS advised but not mandatory)
12. Sun block (minimum strength factor 30, although 50+ is recommended)
13. Personal basic first aid kit, including: four safety pins, cleansing wipes, antiseptic spray or cream, plasters, survival blanket
14. Any medication required
15. Minimum of 800 kcal food reserve

### CAN BE TRANSPORTED BETWEEN CAMPSITES:

16. Minimum of 2,000 kcal food per day (dehydrated or freeze dried food is highly recommended)
17. A warm jacket (for the evenings)
18. Sleeping bag (10-17°C at night)
19. Insect repellent

### HIGHLY RECOMMENDED:

- Running poles
- Sunglasses
- Electrolyte solutions
- Spork or similar eating utensils
- Pillow
- Roll mat or similar
- Portable charger for watch/phone (there is no access to electricity during the race)
- Baby wipes, one pack of 60-100 (consider carrying whilst running for toilet stops)
- Shoes for camp (flip flops or similar)
- Normal clothes and toiletries for pre/post-race and for travelling
- Local currency (Jordanian Dinar) for pre/post-race meals and souvenir shopping

Feel free to bring additional supplies, equipment, or personal items.

To make kit checks more efficient, each food item must be labelled with the number of calories it contains. Food parcels which have been assembled by the participant must have a sticker estimating their calorie content. 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 14kg and must be waterproof (as mentioned in the [Race Information Pack](#)).**