

ULTRA X 50 SCOTLAND 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. Running pack
4. Hydration system with capacity for minimum 1.5 litres of fluid
5. A durable water repellent and windproof jacket with taped seams
6. Protective hat/cap
7. Face mask (or similar face covering that covers the nose and mouth)
8. High quality head torch with spare batteries (red light capability recommended)
9. Watch (GPS advised but not mandatory)
10. Whistle
11. Personal basic first aid kit, including: four safety pins, cleansing wipes, antiseptic spray or cream, plasters, survival blanket
12. Any medication required

13. Sun block (minimum strength factor 30, although 50+ is recommended)
14. Minimum of 800 kcal food reserve
15. Fully charged smartphone

HIGHLY RECOMMENDED:

- Running poles
- Sunglasses
- Electrolyte solutions
- 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 the finish line (flip flops or similar)
- Normal clothes and toiletries for pre/post-race and for travelling
- Local currency (British Pound Sterling) for food and drinks at the finish line

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.

Drop bags (which will be transported between the start and finish) must not exceed 6kg and must be waterproof (as mentioned in the [Race Information Pack](#)).