

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.

10KM

**THERE IS NO MANDATORY KIT LIST FOR THE 10KM.
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 (there are no aid stations on the 10km course)



HALF MARATHON

**THERE IS NO MANDATORY KIT LIST FOR THE HALF MARATHON.
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 half marathon 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)



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 1.5 litres of fluid
5. A durable water repellent and windproof jacket with taped seams
6. Buff/scarf or similar to cover your nose and mouth
7. High quality head torch with spare batteries (red light capability recommended)
8. Protective hat/cap
9. Whistle
10. Watch (GPS advised but not mandatory)
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

100KM



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 1.5 litres of fluid
5. A durable water repellent and windproof jacket with taped seams
6. Buff/scarf or similar to cover your nose and mouth
7. High quality head torch with spare batteries (red light capability recommended)
8. Protective hat/cap
9. Whistle
10. Watch (GPS advised but not mandatory)
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