

ULTRA X WALES 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. Running pack
4. Hydration system with capacity for minimum 1 litre of fluid
5. A durable water repellent and windproof jacket with taped seams
6. Durable water repellent and windproof trousers with taped seams
7. Spare (unworn at stage start) synthetic insulated upper layer(s)
8. Hat and gloves suitable for adverse weather conditions
9. Buff/scarf or similar to cover your nose and mouth
10. High quality head torch with spare batteries (red light capability recommended)
11. Whistle
12. Watch (GPS advised but not mandatory)
13. Sun block (minimum strength factor 30, although 50+ is recommended)
14. Personal basic first aid kit, including: four safety pins, cleansing wipes, antiseptic spray or cream, plasters
15. Survival bag (not blanket)
16. Any medication required

17. Minimum of 800 kcal food reserve
18. Fully charged smartphone

CAN BE TRANSPORTED BETWEEN CAMPSITES:

19. Minimum of 2,000 kcal food per day (dehydrated or freeze dried food is highly recommended)
20. A warm jacket (for the evenings)
21. Sleeping bag (11-15°C at night)
22. 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 (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.

Race holdalls (which will be transported between campsites) must not exceed 16kg and must be waterproof (as mentioned in the [Race Information Pack](#)).