



ULTRA X TANZANIA 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 1.5 litre of fluid
5. A durable waterproof jacket with taped seams
6. Protective hat/cap
7. Buff/scarf or similar to cover your nose and mouth
8. High quality head torch with spare batteries (red light capability recommended)
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. We recommend [Lifesystems](#).
12. Survival bag (not blanket)
13. Any medication required
14. Emergency 800 kcal food reserve
15. Electrolyte solutions. Enough to make 30 litres/last 30 hours on course as a minimum. Please see [here](#) for further guidance.
16. Fully charged phone with course gpx file uploaded and viewable
17. Printed copy of your insurance, showing emergency contact telephone number and policy number.

CAN BE TRANSPORTED BETWEEN CAMPSITES:

18. Minimum of 2,000 kcal food per day (dehydrated or freeze dried food is highly recommended)
19. A warm jacket (for the evenings)
20. Sleeping bag (0-15°C at night)
21. Insect repellent
22. Biodegradable toilet bags (sufficient for the entire week, see [example](#)).

HIGHLY RECOMMENDED:

- Running poles
- Sunglasses
- 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 (Tanzanian Shilling) for pre/post-race meals and souvenir shopping
- Sun block (minimum strength factor 30, although 50+ is recommended)

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 18kg and must be waterproof (as mentioned in the Race Information Pack).

We are proud to have partnered with Lifesystems, manufactures of the highest quality outdoor expedition gear to ensure you're never short of any kit list requirements. From first aid kits, repellents, survival bags, to torches and lighting, Lifesystems have you covered and now we do too! Use code ULTRAX20 for 20% off anything on the [Lifesystems and Lifeventure website](#).