



# 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 water repellent and windproof 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. Sun block (minimum strength factor 30, although 50+ is recommended)
12. Personal basic first aid kit, including: four safety pins, cleansing wipes, antiseptic spray or cream, plasters
13. Survival bag (not blanket)
14. Any medication required
15. Emergency 800 kcal food reserve
16. Electrolyte solutions. Enough to make 30 litres/last 30 hours on course as a minimum. Please see [here](#) for further guidance.
17. Fully charged phone with course gpx file uploaded

### 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

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](#)).**