



ULTRA X 110 ENGLAND 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 waterproof jacket with **taped seams**
6. Protective cap
7. Warm hat
8. Buff or similar to cover your nose and mouth
9. Spare warm mid/base layer top
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
15. Survival bag (not blanket)
16. Any medication required
17. Minimum of 800 kcal food reserve
18. Fully charged phone with course gpx file uploaded
19. Electrolyte solutions. Enough to make 15 litres/last 15 hours on course as a minimum. Please see [here](#) for further guidance

TO BE LEFT AT CAMP:

20. Minimum of 2,000 kcal food per day (dehydrated or freeze dried food is highly recommended)
21. A warm jacket (for the evenings)
22. Sleeping bag (4-10°C at night)

HIGHLY RECOMMENDED:

- Running poles
- Sunglasses
- Spork or similar eating utensils
- Pillow
- Roll mat or similar
- Insect repellent
- 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

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.