



ULTRA X 110 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 1.5 litres 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. Personal basic first aid kit, including: four safety pins, cleansing wipes, antiseptic spray or cream, plasters
12. Survival bag (not blanket)
13. Any medication required
14. Minimum of 800 kcal food reserve
15. Fully charged phone with course gpx file uploaded
16. Electrolyte solutions. Enough to make 15 litres/last 15 hours on course as a minimum. Please see [here](#) for further guidance
17. Long sleeved base layer or fleece top kept dry for use only in an emergency.

TO BE LEFT AT CAMP:

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 (4-10°C at night)

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 the finish line (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
- Sun block
- Insect Repellent

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.

Drop bags (which will be stored at the campsite) must be waterproof and labelled with race number.