



# ULTRA X 110 SCOTLAND 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 jacket and windproof jacket with taped seams
6. Buff/scarf or similar to cover your nose and mouth
7. High quality head torch with spare batteries (red light capability recommended). Or second head torch is required if unable to change batteries.
8. Whistle
9. Electronic device with pre loaded GPX route files (eg: watch or phone)
10. Sun block (minimum strength factor 30, although 50+ is recommended)
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

### TO BE LEFT AT CAMP:

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

### HIGHLY RECOMMENDED:

- Running poles
- Sunglasses
- Protective hat / cap
- 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

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 transported between the start and finish) must not exceed 9kg and must be waterproof (as mentioned in the [Race Information Pack](#)).**



# ULTRA X 50 SCOTLAND 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. Whistle
7. Electronic device with pre loaded GPX route files (eg:watch or phone)
8. Survival bag (not blanket)
9. Any medication required
10. Sun block (minimum strength factor 30, although 50+ is recommended)
11. Minimum of 800 kcal food reserve
12. Fully charged phone with course gpx file uploaded
13. Electrolyte solutions. Enough to make 15 litres/last 15 hours on course as

### HIGHLY RECOMMENDED:

- Running poles
- Sunglasses
- Protective hat/cap
- Buff/scarf or similar to cover your nose and mouth
- High quality head torch with spare batteries (red light capability recommended)
- Personal basic first aid kit, including: four safety pins, cleansing wipes, antiseptic spray or cream, plasters
- 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/posttrace 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.

**Drop bags (which will be transported between the start and finish) must not exceed 9kg and must be waterproof (as mentioned in the [Race Information Pack](#)).**