



# ULTRA X 50 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 waterproof jacket with taped seams
6. Spare (unworn at stage start) synthetic insulated upper layer(s)
7. Hat and gloves suitable for adverse weather conditions
8. Whistle
9. Fully charged electronic device with pre loaded GPX route files (eg: watch or phone)
10. Personal basic first aid kit. We recommend Lifesystems.
11. Survival bag (not blanket)
12. Any medication required
13. Emergency 800 kcal food reserve
14. Electrolyte solutions. Enough to make 10 litres/ last 10 hours on course as a minimum.  
Please see [here](#) for further guidance

### HIGHLY RECOMMENDED:

- Running poles
- Sunglasses
- Protective hat/cap
- Portable charger for watch/phone (there is no access to electricity during the race)
- Baby wipes (consider carrying a small pack for toilet stops)
- Sun block (minimum strength factor 30, although 50+ is recommended)
- Local currency (British Pound Sterling) for food and drinks at the finish line
- High quality head torch with spare batteries (red light capability 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.

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](#)).

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](#).

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