



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 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. Buff/scarf or similar to cover your nose and mouth
9. High quality head torch with spare batteries (red light capability recommended)
10. Whistle
11. Fully charged phone or watch with course gpx file uploaded
12. Personal basic first aid kit. We recommend [Lifesystems](#).
13. Survival bag (not blanket)
14. Any medication required
15. Emergency 800 kcal food reserve
16. Electrolyte solutions. Enough to make 15 litres/last 15 hours on course as a minimum.

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 (11-15°C at night)
20. Insect repellent

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)
- Sun block (minimum strength factor 30, although 50+ is recommended)
- 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](#)).

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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