



ULTRA X 110 MOROCCO 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 litre of fluid
5. A durable waterproof 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. We recommend [Lifesystems](#)
12. Survival bag (not blanket)
13. Any medication required
14. Minimum of 800 kcal emergency food reserve
15. Electrolyte solutions. Enough to make 15 litres/last 15 hours on course as a minimum. Please see [here](#) for further guidance.
16. Fully charged phone with course gpx file downloaded and viewable
17. Printed copy of your insurance, showing emergency contact telephone number and policy number.

CAN BE TRANSPORTED BETWEEN CAMPSITES:

18. Minimum of 2,000 kcal food per day (This food is for meals at the campsite on Saturday & Sunday - dehydrated or freeze dried food is highly recommended)
19. A warm jacket for the evenings
20. Sleeping bag
21. Insect repellent

HIGHLY RECOMMENDED:

- Running poles
- Sunglasses
- Spork or similar eating utensils
- UK to european plug converter
- Pillow
- Roll mat
- Ear plugs & eye mask
- 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 finish line (flip flops or similar)
- Normal clothes and toiletries for pre/post-race and for travelling
- Local currency (Moroccan Dirham) for refreshments at the finish line and pre/post-race meals and souvenir shopping
- Sun block (minimum strength factor 30, although 50+ is recommended)
- Moroccan sim card (These can be purchased on arrival at Marrakesh airport and make communicating on the course easier)

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.

Race holdalls (which will be transported between campsites) 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, bivi 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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