



ULTRA X ENGLAND MANDATORY KIT LIST

Must be carried at all times during the race

110

50

Running pack	✓	✓
Hydration system/s with capacity for minimum 1.5L of water	✓	✓
Durable waterproof jacket with hood and taped seams	✓	✓
Warm hat	✓	✓
Spare warm mid/base layer	✓	✓
High quality head torch with spare batteries (or second torch)	✓	✓
Whistle	✓	✓
Watch (GPS advised)	✓	✓
Survival bag (not blanket - example)	✓	✓
Emergency food reserve (800kcal minimum)	✓	✓
Fully charged phone with gpx file uploaded	✓	✓

Extreme weather additions (will be communicated 1 week prior if needed)

Waterproof trousers	✓	✓
Gloves	✓	✓

To be left at camp

Warm jacket (for the evenings)	✓	
Sleeping bag (4-10°C at night) + roll mat	✓	

Highly recommended

Running poles	✓	✓
Electrolyte solutions	✓	✓
Sunglasses	✓	✓
Cap	✓	✓
Sun block	✓	✓
Buff	✓	✓
Battery pack	✓	
Personal basic first aid kit	✓	✓

To make kit checks more efficient, each food item must be labelled with the number of calories it contains. 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.