



# ULTRA X FINLAND 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 - <a href="#">example</a> )	✓	✓
Emergency food reserve (800kcal minimum)	✓	✓
Fully charged phone with gpx file uploaded	✓	✓
Printed copy of your insurance, showing emergency contact telephone number & policy number	✓	✓

## 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°C at night) + roll mat	✓	

## Highly recommended

Electrolyte solutions	✓	✓
Sunglasses	✓	✓
Cap	✓	✓
Sun block	✓	✓
Buff	✓	✓
Battery pack	✓	
Personal basic first aid kit (we recommend <a href="#">Lifesystems</a> )	✓	✓

Consider getting a local sim card. We recommend Ubiquiti eSIM for offers in over 200 destinations. Use the code ULTRAX24 for 10% off [here](#).

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.

Race holdalls (which will be transported to the campsite/finish) must not exceed 9kg and must be waterproof.