



ULTRA X RWANDA 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	✓	✓
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	✓	✓
Electrolyte solutions. Enough to make 15 litres/last 15 hours on course as a minimum (for 110km runners) and 7.5 litres/last 7.5 hours on course (for 50km runners). Please see here for further guidance	✓	✓
Printed copy of your insurance, showing emergency contact telephone number and 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 (4-10°C at night)	✓	
Roll mat	✓	



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Highly recommended

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Running poles	✓	✓
Sunglasses	✓	✓
Cap	✓	✓
Sun block	✓	✓
Buff	✓	✓
Battery pack	✓	✓
Personal basic first aid kit	✓	
Warm hat	✓	✓
Local currency for refreshments at the finish line and pre/post-race snacks	✓	✓
Local Sim card. We recommend Ubigi eSIM which offers data plans in over 200 destinations. Use code ULTRAX24 for 10% off here	✓	✓
Baby wipes (consider carrying whilst running for toilet stops)	✓	✓
Ear plugs & eye mask	✓	✓
UK to local plug converter	✓	✓

Consider getting a local sim card. We recommend Ubigi 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.