

SPRING TRAIL SERIES KIT LISTS

Kit lists for each race in the Spring Trail Series by Ultra X can be found below. Each race has different requirements so please be sure to adhere to the correct one.

In line with our [Sustainability Policy](#), all participants must label all disposable packaging with their bib number. Any packaging found littered will put the corresponding participant at risk of disqualification.

All participants will be able to keep one bag at race registration for when they return. Whilst we do not recommend leaving valuables, these bags will be kept under supervision for the entirety of the event.

25KM



**THERE IS NO MANDATORY KIT LIST FOR THE 25KM.
HOWEVER, WE RECOMMEND BRINGING THE FOLLOWING ITEMS:**

1. Trail shoes
2. A durable water repellent and windproof jacket
3. Fully charged smartphone (in case of emergency)
4. A water container bottle
5. Any 25KM participants that wish to make use of the drinks on offer at Aid Station 1 must bring a re-usable cup or carry a hydration pack (as per our [Sustainability Policy](#) there will be no plastic cups available)
6. Sun block

50KM



THE FOLLOWING EQUIPMENT IS REQUIRED BY RACE RULES:

1. Suitable running shoes
2. Suitable running socks
3. Running pack
4. Hydration system with capacity for minimum 1 litre of fluid
5. A durable waterproof jacket
6. Watch (GPS advised but not mandatory)
7. Any medication required
8. Any medication required
9. Minimum of 800 kcal food reserve
10. Fully charged smartphone with GPX route file downloaded

75KM



THE FOLLOWING EQUIPMENT IS REQUIRED BY RACE RULES:

1. Suitable running shoes
2. Suitable running socks
3. Running pack
4. Hydration system with capacity for minimum 1 litre of fluid
5. A durable waterproof jacket
6. High quality head torch
7. Whistle
8. Watch (GPS advised but not mandatory)
9. Personal basic first aid kit, including: cleansing wipes, antiseptic spray or cream, plasters
10. Survival blanket/bag
11. Any medication required
12. Minimum of 800 kcal food reserve
13. Fully charged smartphone with GPX route file downloaded