



ULTRA X WALES MANDATORY KIT LIST

Must be carried at all times during the race

110

50

25

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 blanket			✓
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 (we recommend Lifesystems)	✓	✓	✓

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.

For more guidance on the essential ultra marathon kit we recommend, please read [this article](#)