

ULTRA X SCOTLAND BY PACK PERFORMANCE MANDATORY KIT LIST



20% off with: **ULTRAX_20**



Must be carried at all times during the race

| | 110 | 50 | 25 | |
|--|-----|----|----|----------------------|
| Running pack | ✓ | ✓ | ✓ | Link |
| Hydration system/s with capacity for minimum 1.5L of water | ✓ | ✓ | ✓ | Link |
| Durable waterproof jacket with hood and taped seams | ✓ | ✓ | ✓ | Link |
| Warm hat | ✓ | ✓ | | Link |
| Spare warm mid/base layer | ✓ | ✓ | | Link |
| High quality head torch with spare batteries (or second torch) | ✓ | ✓ | | Link |
| Whistle | ✓ | ✓ | ✓ | Link |
| Watch (GPS advised) | ✓ | ✓ | ✓ | Link |
| Survival bag (not blanket) | ✓ | ✓ | | Link |
| Emergency blanket | | | ✓ | Link |
| Emergency food reserve (800kcal minimum) | ✓ | ✓ | ✓ | Link |
| Fully charged phone with gpx file uploaded | ✓ | ✓ | ✓ | Link |

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

| | | | | |
|---------------------|---|---|---|----------------------|
| Waterproof trousers | ✓ | ✓ | ✓ | Link |
| Gloves | ✓ | ✓ | ✓ | Link |

To be left at camp

| | | | | |
|--------------------------------|---|--|--|----------------------|
| Warm jacket (for the evenings) | ✓ | | | Link |
| Sleeping bag (4-10°C at night) | ✓ | | | Link |
| Roll mat | ✓ | | | Link |

Highly recommended

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

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.

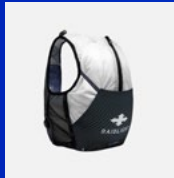
For more guidance on the essential ultra marathon kit we recommend, please read this [article](#)



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ULTRA X SCOTLAND BY PACK PERFORMANCE RECOMMENDED EQUIPMENT



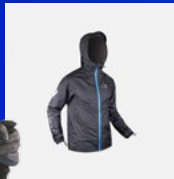
ULTRALIGHT 12L VEST 190G

- 9 Pockets
- Supplied With 2 Easyflasks
- Pole Holder
- Ultralight



RESPONSIV 6L VEST 195G

- 11 Pockets
- Supplied With 2 Easyflasks
- Pole Holder
- Ultralight



ULTRALIGHT 2.0 MP+ VEST 150G

- Waterproof
- Packable
- Ultralight
- Suitable for Ultra



ULTRALIGHT MP+ PANT 88G

- Waterproof
- Packable
- Ultralight
- Suitable for Ultra



COMPACT 7 CARBON POLES 105G

- Ultralight
- Competition
- 3 Sections
- Resistant & Compact



DYNAMIC 3 SHOES 300G

- Tread 6mm
- Drop 6mm
- Suitable for Ultra
- vibram



2 IN 1 SLEEPING BAG & DOWN JACKET 600G

- Warm & Insulating
- Ultralight
- Packable
- Convertible



ULTRALIGHT 1200 130G

- Waterproof
- Delivered with two batteries
- Ultralight
- Suitable for Ultra

20% off with: **ULTRAX_20**



BASE CAMP FOOD
TASTE FOR ADVENTURE

5% OFF WITH **ULTRAX5**



FRACTEL

10% OFF WITH **ULTRA-X-10**

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