

# ULTRA X RWANDA MANDATORY KIT LIST



20% off with: **ULTRAX\_20**



## Must be carried at all times during the race

110

50

Running pack	✓	✓	<a href="#">Link</a>
Hydration system/s with capacity for minimum 1.5L of water	✓	✓	<a href="#">Link</a>
Durable waterproof jacket with hood and taped seams	✓	✓	<a href="#">Link</a>
Spare warm mid/base layer	✓	✓	<a href="#">Link</a>
High quality head torch with spare batteries (or second torch)	✓	✓	<a href="#">Link</a>
Whistle	✓	✓	<a href="#">Link</a>
Watch (GPS advised)	✓	✓	<a href="#">Link</a>
Survival bag (not blanket)	✓	✓	<a href="#">Link</a>
Emergency food reserve (800kcal minimum)	✓	✓	<a href="#">Link</a>
Fully charged phone with gpx file uploaded	✓	✓	<a href="#">Link</a>
Electrolyte solutions	✓	✓	<a href="#">Link</a>
Printed copy of your insurance, showing emergency contact and policy number.	✓	✓	

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

Waterproof trousers	✓	✓	<a href="#">Link</a>
Gloves	✓	✓	<a href="#">Link</a>

## To be left at camp

Warm jacket (for the evenings)	✓		<a href="#">Link</a>
Sleeping bag (4-10°C at night)	✓		<a href="#">Link</a>
Roll mat	✓		<a href="#">Link</a>

## Highly recommended

Running poles	✓	✓	<a href="#">Link</a>
Sunglasses	✓	✓	<a href="#">Link</a>
Cap	✓	✓	<a href="#">Link</a>
Sun block	✓	✓	<a href="#">Link</a>
Buff	✓	✓	<a href="#">Link</a>
Battery pack	✓	✓	<a href="#">Link</a>
Personal basic first aid kit	✓		<a href="#">Link</a>
Warm hat	✓	✓	<a href="#">Link</a>
Local currency	✓	✓	
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	✓	✓	

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 RWANDA RECOMMENDED EQUIPMENT



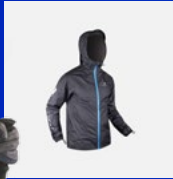
**ULTRALIGHT  
12L VEST 190G**

- 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
- Packable
- Convertible



**ULTRALIGHT  
1200 130G**

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

20% off with: **ULTRAX\_20** **RAIDLIGHT**

**BASE CAMP FOOD**  
TASTE FOR ADVENTURE

5% OFF WITH **ULTRAX5**

**FRACTEL**

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