

ULTRA X WALES 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.

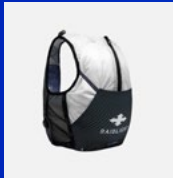
For more guidance on the essential ultra marathon kit we recommend, please read this [article](#)



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ULTRA X WALES RECOMMENDED EQUIPMENT



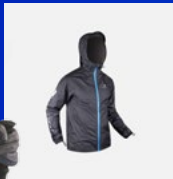
ULTRALIGHT 12L VEST 190G

- 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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