

ULTRA RUN

MANDATORY GEAR



Athletes must carry the following items at all times during the event. **This is the minimum requirement.** If you have an injury and need to remain in one place, especially in poor conditions for an extended period of time, you will need all of these items. Items marked with an asterisk (*) are in addition to what is being worn when starting and must be kept dry in your pack, i.e. sealed in a ziplock bag. Organisers reserve the right to amend mandatory gear requirements due to safety or other factors. **No mandatory gear = no start!**

☐ **Topo Maps & Map Case**

Topo maps of course (Topo50 map CB11 & CB12) - can be a smartphone app and case can be a ziplock.

☐ **Compass**

Can be a smartphone app.

☐ **First Aid Kit**

Must include:

- 5m x 2cm strapping tape
- 1.5m x 5cm crepe bandage
- Triangular bandage
- 10 Plasters
- 5 x 75mm x 75mm gauze swabs
- Pocket knife or small scissors
- Toilet paper
- Any prescription medications.

☐ **Head Torch**

With either spare batteries, or a second head torch.

☐ **Whistle**

Attached to the outside of your pack.

☐ **Survival Bag or Bivy bag**

Bag or Bivy, NOT a blanket.

☐ **Food**

You must carry enough food for 24 hours. Items are not required at gear check.

☐ **Fluid**

You must carry at least 2 litres of water/hydration. (Present bladder or similar at gear check).

☐ **Long-Sleeve Thermal Top***

Long-sleeved top made from a warm quick-drying fabric such as wool or polypropylene. Cotton, Coolmax, Lycra, and compression garments are not acceptable.

☐ **Long-Sleeve Mid-Layer Top***

Fabric must have insulation properties i.e. fleece or similar. This must be a heavier-weight garment than the Long-sleeve Thermal Top.

☐ **Full-Length Thermal Pants***

Wool or polypropylene.

☐ **Waterproof Jacket**

Seam-sealed with hood and of durable construction.

☐ **Waterproof Pants**

Seam-sealed and constructed of durable material.

☐ **Thermal Hat**

Wool or polypropylene.

☐ **Full Fingered Thermal Gloves**

Wool or polypropylene.

☐ **Backpack**

Must be large enough to fit all mandatory gear. Recommended volume 14L+.

☐ **Dry Sack**

To keep your mandatory gear dry. Ziplock bags are adequate.

RECOMMENDED ITEMS

☐ **PLB, inReach, or similar**

Highly recommended

☐ **Mini crampons**

For icy conditions and steep descents

☐ **Gaiters, gloves & anti-histamines**

Extra protection against spiky grasses & bushes

☐ **Spare pair of socks**

☐ **Sunscreen**

☐ **Sun hat**

☐ **Sunglasses**

☐ **Hiking poles**

☐ **Chaffing cream**

The following items are recommended, not mandatory.