

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 x75mm 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.

Product Suggestion

[Rab Ark Emergency Bivi](#)

○ 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.

Product Suggestion

[Rab Syncrino Base LS Tee Womens & Mens](#)

○ Full-Length Thermal Pants*

Wool or polypropylene.

Product Suggestion

[Rab Syncrino Leggings Womens & Mens](#)

○ 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.

Product Suggestions

[Rab Xenair Alpine Light Jacket Womens & Mens](#)

[Rab Nexus Pull-on Womens & Mens](#)

○ Waterproof Jacket

Seam-sealed with hood and of durable construction.

Product Suggestions

[Rab Firewall Light Womens & Mens](#)

[Rab Phantom Pull-on Womens & Men](#)

[Rab Arc Eco Womens & Mens](#)

○ Waterproof Pants

Seam-sealed and constructed of durable material.

Product Suggestion

[Rab Downpour Eco Womens & Mens](#)

○ Thermal Hat

Wool or polypropylene.

Product Suggestion

[Rab Filament Beanie](#)

○ Full Fingered Thermal Gloves

Wool or polypropylene.

Product Suggestion

[Rab Power Stretch Pro Glove Womens & Men](#)

○ Backpack

Must be large enough to fit all mandatory gear.

Product Suggestions

[Rab Veil 12L Lightweight Running Vest](#)

[Rab Aeon 12L Lightweight Pack](#)

○ Dry Sack

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

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RECOMMENDED GEAR



The following items are **recommended**, not mandatory.

- 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
Check out the Julbo range
- Hiking poles
- Chaffing cream
Check out the Sweet Cheeks range