



COMPULSORY & RECOMMENDED EQUIPMENT LIST

Notwithstanding today's increasingly accurate weather forecasting, you will be running in the mountains, notoriously unpredictable and unforgiving for the ill-prepared. This Equipment List will differentiate between two different expected weather conditions, as well as the different races:

Good – cool/warm temperatures, little/no wind, no rain
Variable – any chance of extreme temperatures, wind and/or precipitation

NOTE

The Race Organisers will tend to be conservative and strict in the enforcement of Compulsory Equipment, and there will be kit checks. Everybody is however ultimately responsible for their own safety.

		GOOD WEATHER CONDITIONS	VARIABLE WEATHER CONDITIONS
ULTRA 65 MARATHON 42	Hydration System (min 1.5litres)	COMPULSORY	COMPULSORY
	Headlamp, fully charged (*Recommended for 42)	COMPULSORY*	COMPULSORY*
	Carry-Your-Own Cup/Flask	COMPULSORY	COMPULSORY
	Waterproof Jacket	COMPULSORY	COMPULSORY
	Space Blanket	COMPULSORY	COMPULSORY
	Cell Phone (charged)	COMPULSORY	COMPULSORY
	Whistle	COMPULSORY	COMPULSORY
	GPS Device- track loaded, fully charged	COMPULSORY	COMPULSORY
	Thermal Base Layer (not cotton)	RECOMMENDED	COMPULSORY
	Buff or Beanie	RECOMMENDED	COMPULSORY
	Lightweight Fleece Top	RECOMMENDED	RECOMMENDED
	Gloves	RECOMMENDED	RECOMMENDED
	Cap	RECOMMENDED	RECOMMENDED
	Sunscreen	RECOMMENDED	RECOMMENDED
RTB 25	Hydration System (min 1.5litres)	COMPULSORY	COMPULSORY
	Carry-Your-Own Cup/Flask	COMPULSORY	COMPULSORY
	Waterproof Jacket	RECOMMENDED	COMPULSORY
	Space Blanket	COMPULSORY	COMPULSORY
	Cell Phone (charged)	COMPULSORY	COMPULSORY
	Whistle	COMPULSORY	COMPULSORY
	Thermal Base Layer (not cotton)	RECOMMENDED	COMPULSORY
	Buff or Beanie	RECOMMENDED	RECOMMENDED
	Lightweight Fleece Top	N/A	RECOMMENDED
	Gloves	N/A	RECOMMENDED
	Cap	RECOMMENDED	RECOMMENDED
	Sunscreen	RECOMMENDED	RECOMMENDED
	Basic First Aid Kit	RECOMMENDED	RECOMMENDED
RTB 13	Hydration System (min 1.5litres)	COMPULSORY	COMPULSORY
	Carry-Your-Own Cup/Flask	COMPULSORY	COMPULSORY
	Waterproof Jacket	RECOMMENDED	COMPULSORY
	Space Blanket	COMPULSORY	COMPULSORY
	Cell Phone (charged)	COMPULSORY	COMPULSORY
	Whistle	COMPULSORY	COMPULSORY
	Thermal Base Layer (not cotton)	RECOMMENDED	COMPULSORY
	Buff or Beanie	RECOMMENDED	RECOMMENDED
	Lightweight Fleece Top	N/A	RECOMMENDED
	Gloves	N/A	RECOMMENDED
	Cap	RECOMMENDED	RECOMMENDED
	Sunscreen	RECOMMENDED	RECOMMENDED
	Basic First Aid Kit	RECOMMENDED	RECOMMENDED