

New Zealand 2019

EQUIPMENT LIST

MANDATORY EQUIPMENT LIST INDEX

**** THIS INDEX IS FOR REFERENCE ONLY. YOU MUST READ THROUGH THE FULL EQUIPMENT LIST PROVIDED ON THE FOLLOWING PAGES FOR THE SPECIFIC REQUIREMENTS OF EACH MANDATORY ITEM. FAILURE TO HAVE ANY MANDATORY ITEM WILL RESULT IN A PENALTY OR NOT BEING ALLOWED TO START THE RACE.**

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MANDATORY EQUIPMENT









YOUR EQUIPMENT WILL BE REVIEWED AT COMPETITOR CHECK-IN AT THE HOST HOTEL TO ENSURE THAT YOU HAVE ALL OF THE MANDATORY ITEMS. FAILURE TO HAVE AN ITEM WILL RESULT IN A PENALTY OR NOT BEING ALLOWED TO START THE RACE.

Note: "Most Popular" items are available at [RacingThePlanet](http://RacingThePlanet.com).






| MANDATORY EQUIPMENT | | | |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| | Item | Comments | Qty. |
| 1) | <u>BACKPACK / RUCKSACK</u>  | <p>Capable of carrying all of the Mandatory and Optional Equipment. A 25-30L backpack is optimal. Note: There is no one backpack model that works for everyone.</p> <p><i>Most Popular:</i> OMM Classic Marathon 25L & 32L, Osprey Talon 33, WAA UltraBag 20+4L, RaidLight Ultra Legend 30L, Ultimate Direction 35L, Inov-8 Race Elite 24L</p> | 1 |
| 2) | <u>WATERPROOF BAG (35L)</u>  | <p>The waterproof bag must be a minimum of 35 liters in size. There is a chance of rain, and it is vital to keep the contents of your backpack (in particular, your sleeping bag and camp clothes) dry. Using a combination of smaller bags does <i>not</i> fulfil this requirement. Backpack covers are NOT allowed.</p> <p><i>Most Popular:</i> Sea-to-Summit Ultra-Sil Dry Sack 35L, Sea-to-Summit Ultra-Sil Nano Dry Sack 35L</p> | 1 |
| 3) | <u>SLEEPING BAG (0°C / 32°F)</u>  | <p>The minimum requirement combination of sleeping bag plus bag liner is 0°C / 32°F. If you are sensitive to cold temperatures you may want to look at combinations below this temperature. Note: See the optional equipment list below for details on Bag Liners which can add up to 6°C / 10°F to the rating of your sleeping bag. Sleeping Pads also provide additional warmth and comfort – this is highly recommended.</p> <p><i>Most Popular:</i> Sea-to-Summit Spark Spiii (-2°C), Marmot Phase 30 (-1C), Marmot Plasma 15 (-9C), Western Mountaineering Apache (-10C)</p> | 1 |
| 4) | <u>HEADLAMP & BACK-UP LIGHT</u>  | <p>Competitors are required to carry two light sources – one must be a headlamp; the second can be a headlamp or handheld torch. Both lights must be strong enough to use when on the course at night on uneven terrain. We recommend 150 lumens or higher.</p> <p><i>Most Popular:</i> Black Diamond Cosmo LED (86g), Black Diamond Spot LED (88g), Black Diamond Storm (110g), Petzl Actik (92g)</p> | 2 |
| 5) | <u>RED FLASHING LIGHT</u>  | <p>The red flashing light is required <i>in addition</i> to your headlamp and back-up light. This is to be attached to the rear of your backpack and switched on when you are on the course in the dark.</p> <p><i>Most Popular:</i> The Rough Country Flashing Safety Light</p> | 1 |

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|---------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| | Item | Comments | Qty. |
| 6) | KNIFE / MULTI-TOOL  | <p>A small knife / multi-tool has multiple uses during the event. Scissors does <i>not</i> fulfil this requirement.</p> <p>Most Popular: Leatherman Juice S2 (131g), Victorinox Swisscard Classic (26g), Victorinox Classic (21g)</p> | 1 |
| 7) | <u>WHISTLE</u>  | <p>To attract attention in case of an emergency. Note that many backpacks include a whistle on the buckle – this is <i>not</i> sufficient. You must have an emergency whistle.</p> <p>Most Popular: Jetscream Safety Whistle</p> | 1 |
| 8) | <u>MIRROR</u>  | <p>To attract attention in case of emergency. Reflect the sun off the mirror to draw attention to your location.</p> <p>Most Popular: Coghlan's Featherweight Mirror</p> | 1 |
| 9) | <u>SURVIVAL BIVVY BAG</u>  | <p>Must be a closed bivvy bag (not a blanket) made of reflective material. We recommend a thick bag that you can repack easily as you may want to use it over your sleeping bag in cold or wet weather conditions.</p> <p>Most Popular: Adventure Heatsheets Emergency Bivvy</p> | 1 |
| 10) | <u>COMPASS</u>  | <p>Any model is adequate; however, a compass as a part of a watch is <i>not</i> sufficient. Note: There is no navigation in the event. The compass is an emergency gear item.</p> <p>Most Popular: Silva Thermometer Compass</p> | 1 |
| 11) | <u>EATING UTENSIL</u>  | <p>Ideally bring more than one in case you lose one.</p> <p>Most Popular: Sea-to-Summit AlphaLight Spork, Light My Fire Spork, Expedition Foods Unbreakable Spoon</p> | 1 |
| 12) | <u>SUNSCREEN</u> (60 ml / 2 fl oz)  | <p>A minimum of 60 ml / 2 fl oz is required.</p> <p>The sun in New Zealand is very strong (even when cloudy). Choose a brand with high SPF that is waterproof, sweat-proof and non-greasy.</p> <p>* The amount required is a minimum.</p> <p>* It is recommended to bring the required amount in separate containers in case one is difficult to find, for example Dermotone Sunscreen Lotion will require 2 pieces in order to make up the required amount.</p> <p>Most Popular: Cancer Council Australia Sunscreen, Dermotone Sunscreen Lotion - 2 tubes needed</p> | 60ml / 2 fl oz |
| 13) | <u>LIP SUNSCREEN</u>  | <p>To protect lips from the sun.</p> <p>Most Popular: Dermotone Medicated Lip Balm, Dermotone Lip 'n Face Protection with Z Cote</p> | 1 |
| 14) | <u>INSECT REPELLENT / PROTECTION</u> | <p>You may come across flies and mosquitos.</p> <p>Most Popular: Sawyer Picaridin Insect Repellent</p> | 1 |

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|---------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| | Item | Comments | Qty. |
| 15) | <u>MEDICATION</u>  | <p>Bring an adequate 7-day supply (at least 12 mild pain relief pills) so that you are not dependent on medication from the event medical team.</p> <p>Important Note: You should seek advice from your doctor about any medication that you plan to take during the race, including any form of painkillers. If you take painkillers, Tylenol / Paracetamol are preferred over anti-inflammatory medications such as Ibuprofen / Neurofen / Advil / Motrin and others. It is NOT advised to take anti-inflammatory medication on the course. Please read the expert article called Painkillers Used during Ultramarathons for more details.</p> | 7-Day Supply |
| 16) | <u>BLISTER KIT</u>  | <p>The following list is a minimum requirement. You may need more supplies based on your experience and prior history of foot blisters:</p> <ul style="list-style-type: none"> • 10 x alcohol wipes • 2 x hypodermic needles or safety pins • 1 x roll of paper tape (i.e. Micropore) • 1 x roll of elastic tape (i.e. Elastikon) • 5 x Compeed pads <p>Note 1: Lubricant such as Bodyglide, Pjur Active or 2Toms BlisterShield Powder is also highly recommended. Foot powder is recommended for feet that sweat a lot.</p> <p>Note 2: You should try to anticipate the amount of supplies you will need for 7 days. If you do not bring enough supplies, you could be at risk of developing more severe blisters that could jeopardize your ability to finish the race.</p> <p><i>Most Popular:</i> The Rough Country Blister Kit (includes all blister kit items and practical instruction sheet).</p> | 1 |
| 17) | <u>COMPRESSION BANDAGE</u>  | <p>The minimum size requirement is 7.5 cm / 3 in wide x 4.5 m / 14 ft long (6 cm / 2.4 inches in diameter). The compression bandage can be used for strapping an ankle / knee, slinging an arm injury, bandaging a lesion or head wound to prevent bleeding, etc.</p> <p><i>Most Popular:</i> Smith & Nephew Cotton Crepe Bandage</p> | 1 |
| 18) | <u>SAFETY PINS</u>  | <p>A minimum of 10 safety pins is required for attaching your bib number and event patch, and for multiple uses during the event. Heavy duty, large pins work best.</p> <p><i>Most Popular:</i> The Rough Country Safety Pins</p> | 10 |
| 19) | <u>ALCOHOL GEL (60 ml/2 fl oz)</u>  | <p>A minimum of 60 ml / 2 fl oz is required. Alcohol wipes cannot replace alcohol gel, but you may choose to carry both.</p> <p><i>Most Popular:</i> Purell Hand Sanitizer</p> | 60ml / 2 fl oz |
| 20) | <u>TOILET TISSUE / WET WIPES</u> | <p>No tissues or paper will be provided by Event Staff for</p> | 7-Day |








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|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| | Item | Comments | Qty. |
| |  | <p>toilet use. It is recommended to also bring wet wipes (5-10 wipes per day are recommended).</p> <p><i>Most Popular:</i> The Rough Country Lite Towels</p> | Supply |
| 21) | <p><u>RUNNING SHOES</u> Men's Trail Running Shoes Women's Trail Running Shoes</p>  | <p>Competitors should wear trail or running shoes. Consider buying your shoes 1 to 2 sizes larger than you would normally wear to account for swelling and tape for blisters. Note: Gore-Tex shoes protect your feet from rain and wet ground but they are not breathable. Consider good dri-fit socks instead.</p> <p><i>Most Popular Brands:</i> Hoka One One, Asics, Inov-8, Salomon, Altra, Brooks, The North Face</p> | 1 |
| 22) | <p><u>SOCKS</u></p>  | <p>6-7 pairs are recommended to allow a fresh pair for each day but 3 pairs are compulsory. Many competitors wear two layers. Dri-fit material that dries quickly is essential. Consider bringing one pair of thicker woollen socks for warmth.</p> <p><i>Most Popular Brands:</i> Drymax, Injinji, SmartWool, SealSkinz (waterproof), Thyo, ToeToe</p> | 3 |
| 23) | <p><u>TIGHTS / SHORTS</u> Men's Tights / Shorts Women's Tights / Shorts</p>  | <p>Two pairs of shorts / tights / pants are required. One pair must cover your full leg as it can get very cold.</p> <p><i>Most Popular Brands - Tights:</i> 2XU, CW-X, Skins, X-Bionic <i>Most Popular Brands - Shorts:</i> 2XU, Salomon, X-Bionic, CW-X, Skins</p> | 2 |
| 24) | <p><u>WATERPROOF PANTS / TROUSERS</u> Men's Pants / Trousers Women's Pants / Trousers</p>  | <p>Waterproof and breathable lightweight material is recommended to keep dry in wet weather conditions.</p> <p><i>Most Popular:</i> Montane Minimus Pants - Men's and Women's, Montane Atomic Pants - Men's and Women's, Marmot PreCip Pants - Men's and Women's</p> | 1 |
| 25) | <p><u>TECHNICAL RUNNING SHIRT</u> Men's Running Shirts Women's Running Shirts</p>  | <p>Two shirts are required, including one that is long-sleeved for sun protection and / or warmth in cold temperatures – you may even consider a technical thermal top. Quick dry materials are recommended.</p> <p><i>Most Popular Brands:</i> RaidLight, Salomon, X-Bionic, Outdoor Research, Mountain Hardwear, Odlo, Montane - womens</p> | 2 |




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| MANDATORY EQUIPMENT | | | |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| | Item | Comments | Qty. |
| 26) | <p><u>WARM LONG-SLEEVE TOP</u> Men's Fleece Jackets / Down Jackets Women's Fleece Jackets / Down Jackets</p>  | <p>Temperatures can get very cold. This must be a warm top (preferably fleece or down jacket). An alternative is a thick, long-sleeve capilene top.</p> <p><i>Most Popular:</i> Arc'teryx Fortrez Hoody, Marmot Power Stretch Jacket - Women's, Montane Hi-Q Luxe Jacket, 66° North Vatnajökull 800 Jacket - Men's and Women's, Mountain Hardwear MicroChill Zip T - Women's, Yeti Desire Lightweight Down Jacket - Women's</p> | 1 |
| 27) | <p><u>WATERPROOF JACKET</u> Men's Waterproof Jackets Women's Waterproof Jackets</p>  | <p>The jacket must be fully waterproof to keep you dry and warm. A thicker jacket with a hood and high collar is strongly recommended for proper protection from strong winds and rain.</p> <p><i>Most Popular:</i> Montane Minimus Jacket - Men's and Women's, Outdoor Research Axiom Jacket - Men's</p> | 1 |
| 28) | <p><u>RAIN PONCHO</u> - <i>must be clear</i></p>  | <p>Required for additional warmth and wet protection. A rain poncho is lightweight and easy to put on / take off when the weather changes and it provides additional protection. Must be clear / transparent so your bib can be seen through it.</p> <p><i>Most Popular:</i> Coghlan's Emergency Poncho</p> | 1 |
| 29) | <p><u>CAP WITH NECK COVER</u></p>  | <p>It is required that you wear a cap with a neck cover (such as a legionnaire design) or have a cap with a Buff to cover both your head and neck.</p> <p><i>Most Popular:</i> RaidLight Sahara Cap, Sunday Afternoons Sun Guide Cap</p> | 1 |
| 30) | <p><u>WARM HAT</u></p>  | <p>Two warm hats for warmth in the cold. A Buff <i>does not</i> fulfill this requirement.</p> <p><i>Most Popular:</i> SealSkinz Beanie Hat, Odlo Beanie, Icebreaker Pocket Hat, Montane Mountain Squall Cap</p> | 2 |
| 31) | <p><u>GLOVES</u></p>  | <p>Two pairs of gloves for warmth in the cold. Full finger gloves are required. At least one pair is recommended to be made of waterproof / water resistant material.</p> <p><i>Most Popular:</i> Montane Power Stretch - Women's, Black Diamond Lightweight Fleece Gloves, Salomon Essential Gloves, SealSkinz waterproof line</p> | 2 |
| 32) | <p><u>SUNGLASSES</u></p>  | <p>Any pair of UV protection sunglasses. Only 1 pair is mandatory but it is recommended to take 2 pairs.</p> <p><i>Most Popular Brands:</i> Julbo</p> | 1 |

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| MANDATORY EQUIPMENT | | | |
|---------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| | Item | Comments | Qty. |
| 33) | <p>NATIONALITY PATCHES</p>  | <p>You must wear nationality patches on both sleeves of all tops (including jackets) throughout the event. These are in addition to the RacingThePlanet patches which are provided by us. Patches are not required for drop bag clothes. NOTE: The tops required for the drop bag do NOT need patches.</p> <p>Nationality flags can be silkscreened onto all tops instead of using patches – see the <i>Patch Placement Instructions</i> in the Competitor Area of the website for more details.</p> <p><i>Most Popular:</i> The Rough Country Nationality Patches</p> | All Tops (except drop bag tops) |
| 34) | <p>RACINGTHEPLANET PATCHES</p>  | <p>We will send you these patches approximately 8 weeks before the event. You do <i>not</i> need to purchase these. NOTE: The tops required for the drop bag do NOT need patches.</p> <p>The RacingThePlanet logo can be silkscreened onto all tops instead of using patches – see the Patch Placement Instructions in the Competitor Area of the website.</p> | All Tops (except drop bag tops) |
| 35) | <p>HYDRATION SYSTEM</p>  | <p>You must carry containers that can hold 2.5 litres of water at all times. We advise having capacity for 1.5 litres in bottles or a bladder that are easy to access and fill up. In addition to this, you must have a separate Platypus SoftBottle for 1.0 litre (or 2 soft bottles for 0.5L), which folds up inside your backpack when not being used.</p> <ul style="list-style-type: none"> • Bottles: These allow for more flexibility – they can be attached to the shoulder straps of your backpack, put in a front pack, kept in the backpack with a SmarTube or carried by hand. • Hydration bladders: A popular choice but sometimes difficult to know how much fluid you have drunk; can also be difficult to fill quickly. <p><i>Most Popular:</i> The Rough Country Bottles (2 options of straws), The Rough Country Bottle Holders, Platypus SoftBottle, Hydrapak Shape Shift Reservoir</p> | 1 |

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| MANDATORY EQUIPMENT | | | |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| | Item | Comments | Qty. |
| 36) | <u>ELECTROLYTES / SALT TABLETS</u>  | <p>Maintaining your body's electrolyte balance is critical for a safe race. It is strongly recommended to bring a mixture of electrolyte tablets AND electrolyte drink powders. You must bring a minimum of:</p> <ul style="list-style-type: none"> • Enough powder to make a minimum of 30 liters of drink; OR • Enough salt tablets / Endurolytes for 30 hours on the course (usually minimum is 1.5 tablets per hour=45 tablets); OR • A combination of both, e.g. powder for 15 liters of water and tablets for 15 hours on the course. <p>If you expect to spend more than 30 hours on the course then you should increase this accordingly. It is vital that you test your electrolyte plan during your training and follow the amounts recommended on the packets.</p> <p>Most Popular: Nuun</p> | 7-Day Supply |
| 37) | <u>7-DAY FOOD SUPPLY</u> | <p>You are responsible for your own food for the entire race. You need a meal for Camp 1 the night before the race starts PLUS a minimum of 2,000 calories/day during the race (7 days).</p> <ul style="list-style-type: none"> • Pre-Race: One (1) meal for Saturday evening. • During the event: Minimum of 14,000 calories. <p>Note: If this is your first RacingThePlanet / 4 Deserts Ultramarathon, we recommend that you bring more calories.</p> | Min. 14,000 Cal |
| | <u>Freeze-Dried Meals</u>  | <p>We recommend using dried meals as your main food source. Hot water will be available at all campsites.</p> <p>Most Popular: Expedition Foods (freeze-dried, high calorie meals). 4 Deserts Ration Pack (provides 14,000 kcal to meet minimum requirements).</p> | |
| | <u>Energy Bars / Gels</u>  | <p>To avoid an upset stomach, be sure to test your bars and gels during training.</p> <p>Most Popular: Clif, GU, Hammer Gels</p> | |
| | <u>Nutrition Supplements</u>  | <p>There are a lot of choices. The ones listed are recommended by past competitors.</p> <p>Most Popular: Hammer Perpetuem, Hammer Recoverite, Hammer Sustained Energy</p> | |
| | <u>Drink Mixes</u>  | <p>Bring your favourite drink mixes for mornings and evenings around Camp.</p> <p>Most Popular: Coffee, Tea, Hot Chocolate</p> | |
| | <u>Snacks</u>  | <p>An important part of your food supply. We recommended bringing a good variety of snacks.</p> <p>Most Popular: Beef Jerky, Instant Noodles, Dried Fruit, Peanuts, Potato Chips, Parmesan Cheese, Instant Oatmeal</p> | |







- Continue to Drop Bag and Optional Items on the next page -

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DROP BAG

Weather in New Zealand is unpredictable. At the higher sections it will be colder and could rain (although this is not a rainy season). For this reason we are requiring all competitors to bring an additional waterproof bag with extra warm clothing that will be stored at each Camp. It is essential that these are inside a fully waterproof bag to ensure all the items inside stay dry. Note that it is likely that you **won't be able to access** the drop bag during the week, as it is an emergency item. Only the below items 38-43 are allowed in the drop bag.

| MANDATORY EQUIPMENT | | | |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| DROP BAG | | | |
| | Item | Comments | Qty |
| 38) | WATERPROOF BAG (25-35L)  | <p>This is the drop bag that you must bring this in addition to the waterproof bag that you have on the course. This is to keep your drop bag items dry. Please make sure this made from durable material.</p> <p><i>Most Popular:</i> Sea-to-Summit Big River Dry Sack</p> | 1 |
| 39) | <p>WARM FLEECE / BASELAYER / MIDLAYER Men's Fleece / Mid / Baselayer Women's Fleece / Mid / Baselayer</p>  | <p>Two warm fleece or expedition-weight baselayer shirts are required. Note: Nationality and RacingThePlanet patches are not required for the Drop Bag tops.</p> <p><i>Most Popular:</i> Fleece, Thermal or Jacket</p> | 2 |
| 40) | <p>WARM LONG PANTS Men's Pants Women's Pants</p>  | <p>Any kind of warm long pants are sufficient. Warm but lightweight materials recommended – such a fleece trousers or tracksuit pants.</p> | 1 |
| 41) | <p>WARM SOCKS</p>  | <p>Woollen socks recommended for providing warmth and keeping your feet dry. These are in addition to the socks you have on the course.</p> <p><i>Most Popular Brands:</i> Drymax, Thyo, Icebreaker</p> | 2 |
| 42) | <p>WARM HAT</p>  | <p>For warmth in the cold. A Buff <i>does not</i> fulfil this requirement.</p> <p><i>Most Popular:</i> Icebreaker Pocket Beanie, SealSkinz Beanie Hat, Montane Mountain Squall Cap</p> | 1 |
| 43) | <p>GLOVES</p>  | <p>For warmth in the cold. Full finger gloves are required.</p> <p><i>Most Popular:</i> Montane Power Stretch - Women's, NRS Fuse Gloves (waterproof), Black Diamond Yeti Weight Fleece Gloves</p> | 1 |

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OPTIONAL EQUIPMENT

(NOT MANDATORY, BUT SUGGESTED)

Note: "Most Popular" items are available at RacingThePlanet.

| OPTIONAL EQUIPMENT | | | |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| | Item | Comments | Qty. |
| 1) | SLEEPING PAD | <p>Select a small size to save weight or a regular size for added comfort and warmth. Self-inflating pads are light but can be difficult to eliminate air for packing and can puncture. Tents provided in the event do not have any ground padding. HIGHLY RECOMMENDED for insulation against the cold ground at night.</p> <p><i>Most Popular:</i> Therm-a-Rest Z Lite, Therm-a-Rest Z-Lite SOL, Therm-a-Rest NeoAir, Sea-To-Summit UltraLight</p> | 1 |
| 2) | SLEEPING BAG LINER | <p>Sleeping bag liners are a great way to add additional warmth to lightweight sleeping bags. Most bag liners add approximately 6°C / 10°F. This can be used towards your sleeping bag rating.</p> <p><i>Most Popular:</i> Sea-To-Summit Reactor Thermolite Liner</p> | 1 |
| 3) | GAITERS | <p>This is a personal choice - some wear gaiters, others do not. Ankle gaiters keep debris out of your shoes and protect from bushes / branches.</p> <p><i>Most Popular:</i> The Rough Country Trail Running Gaiters, RaidLight Desert Gaiters, Salomon S Lab Trail Gaiters</p> | 1 |
| 4) | THERMAL UNDERWEAR Men's Underwear / Baselayers Women's Underwear / Baselayers | <p>Provides warmth at nights and during chilly days. Warm but thin baselayer clothing made out of merino wool is ideal. NOTE: one of the compulsory tops or trousers could be thermal.</p> <p><i>Most Popular Brands:</i> Icebreaker, Odlo, Smartwool</p> | 2 |
| 5) | SPORTS BRA | <p>Women's comfort.</p> <p><i>Most Popular:</i> Zensah Seamless Running Bra, Brooks Moving Comfort Vixen A/B, CW-X</p> | 3 |
| 6) | SCARF / HEADGEAR | <p>A Buff is ideal as it can be used for multiple purposes - scarf, headgear, sweatband, etc. Highly recommended.</p> <p><i>Most Popular:</i> RacingThePlanet High UV Protection Buff</p> | 2 |
| 7) | COMPRESSION SOCKS | <p>Socks to help with your recovery process at the end of each day</p> <p><i>Most Popular Brands:</i> 2XU, Compressport, CW-X, CEP</p> | 1 |
| 8) | FLIP FLOPS / SLIPPERS | <p>For walking around Camp and post-race comfort – choose the lightest model you can find.</p> <p><i>Most Popular Brands:</i> Keen, Sole, Crocs</p> | 1 |
| 9) | TREKKING POLES | <p>Useful if you intend to walk the majority of the course. You must train with poles if you plan to use them.</p> <p><i>Most Popular Brands:</i> Black Diamond</p> | 1 |

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| OPTIONAL EQUIPMENT | | | |
|--------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| | Item | Comments | Qty. |
| 10) | <u>CHEST / HIP PACKS</u> | <p>Chest and hip packs can increase capacity without additional load on your back.</p> <p><i>Most Popular Brands:</i> <u>Inov-8</u>, <u>OMM</u>, <u>RaidLight</u>, WAA</p> | 1 |
| 11) | <u>WATERPROOF / SAND-PROOF BAGS, COMPRESSION BAGS, ZIP-LOCK BAGS</u> | <p>Pack your food and small items in zip-lock bags. For valuable items (i.e., cameras & passports), you may consider waterproof / sandproof bags.</p> <p><i>Most Popular Brands:</i> <u>Aloksak</u>, <u>Outdoor Research</u>, <u>Sea-to-Summit</u></p> | 10 |
| 12) | <u>EATING TIN / CUP</u> | <p>Useful for cooking at the camp fire and eating.</p> <p><i>Most Popular:</i> <u>Sea-To-Summit X-Mug & X-Bowl</u>, Klean Kanteen Canteen Stainless Steel Mugs</p> | 1 |
| 13) | <u>TOWEL</u> | <p>For cleaning off at camp.</p> <p><i>Most Popular:</i> <u>The Rough Country Lite Towels</u>, <u>Sea-To-Summit Pocket Towel</u>, <u>Sea To Summit Travel Drylite Towel Antibacterial</u></p> | 1 |
| 14) | TOOTHBRUSH & TOOTHPASTE | A small-sized travel toothbrush is recommended. | 1 |
| 15) | WRISTWATCH / INSTRUMENT | <p>A watch alarm and timer can be useful. Speed and distance monitor (pedometer), barometer and heart rate monitors can also provide interesting feedback.</p> <p><i>Most Popular Brands:</i> Garmin, Polar, Suunto</p> | 1 |
| 16) | <u>GPS</u> | <p>Choose a model that uses changeable batteries (<i>not</i> rechargeable batteries) as competitors will not have access to power for re-charging. Note: The course is marked every 25 meters and GPS coordinates are not provided. A GPS is most useful for tracking distance.</p> <p><i>Most Popular Brand:</i> Garmin, Polar</p> | 1 |
| 17) | <u>CAMERA</u> | If your camera is not waterproof, keep it in double zip lock bags. Note: A charging device is recommended as competitors will not have access to power for charging. | 1 |
| 18) | <u>IPOD & HEADPHONES</u> | A charging device is recommended as competitors will not have access to power for charging. | 1 |
| 19) | PORTABLE CHARGER | No power is available at the Camps. If you need a way to charge your electrical gadgets you will need to carry a portable charger. NOTE: <i>Solar panel chargers must not cover your bib fixed to your backpack.</i> | 1 |