

ULTRA RUNNING GEAR LIST



DAYLIGHT RACES

Mandatory Gear

Carried at all times for the duration of the race.

- ☐ Provided Bib Number
- ☐ Cell Phone
- ☐ Whistle
- ☐ 1 Liter Minimum Hydration Capacity
- ☐ Any Personal Medications
e.g. Epi-pens are required for individuals with an Epi-pen prescription.
- ☐ Copies of Any Provide
Maps or Instructions

OVERNIGHT RACES

Mandatory Gear

Carried at all times for the duration of the race.

- ☐ Provided Bib Number
- ☐ Cell Phone in a Waterproof
or Ziploc Baggie
- ☐ Whistle
- ☐ 2 Liter Minimum Hydration Capacity
- ☐ Any Personal Medications
e.g. Epi-pens are required for individuals with an Epi-pen prescription.
- ☐ Copies of Any Provide
Maps or Instructions
- ☐ GPS Tracker (provided by Warrior)
- ☐ First Aid Kit
Adventure Medical Kits Ultralight/Watertight .3 kit or larger. (You may also build your own kit, as long as it contains equivalent items.)
- ☐ Waterproof Jacket with
Sealed or Taped Seams
- ☐ Head Lamp
Must have sufficient battery capacity to last throughout the entire overnight portions of the event.
- ☐ Red Blinking Light for the
Back of Your Vest
- ☐ Survival Blanket

RECOMMENDED GEAR

- ☐ Backpack or Running Vest
- ☐ Trekking Poles
- ☐ Charger or Power Bank
For lights, phone, or other electronics.
- ☐ Extra Shoes, Hats and Warm Clothing
- ☐ SOL Emergency Blanket
- ☐ Waterproof Jacket with
Sealed or Taped Seams
- ☐ Shell Layer Bottom (Pants)
These shell/outer layer pants must be waterproof and windproof as specified by the manufacturer.
- ☐ Mid-Layer Top (e.g. Fleece)
This mid-layer top is used between the base layer and shell layer to provide additional insulation in cold environments. Long-sleeve top of synthetic or wool fabric.
- ☐ Base Layer Headwear (e.g. Beanie)
- ☐ Knife
- ☐ Sunglasses, Glasses or Extra Contacts
- ☐ Sleeping Bag
- ☐ Sunscreen
- ☐ Bug Spray
- ☐ Lip Balm
- ☐ Towels and/or Wet Wipes
- ☐ Foot-Care Kit
- ☐ Cash, Credit Card and Photo ID.

PROHIBITED ITEMS

- × Outside Help Between Aid
Stations Other Than Pacers
- × Any Form of Transportation Other
Than Your Own Two Feet
- × Firearms