



## GEAR LIST

### MANDATORY GEAR

**TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT - ALL WINNERS WILL BE CHECKED AT THE FINISH LINE FOR MANDATORY ITEMS. RUNNERS WITH INCOMPLETE KIT WILL INCUR A TIME PENALTY.**

### IMPORTANT PLEASE READ!

Please understand that we are trying to keep these low-key events fun and friendly, and the day we start rifling through bags checking every item on the mandatory list and stopping people running the event is the day that the fun and friendliness changes into a different experience - for everyone.

The list has been compiled from personal race knowledge and experience, and for your own safety -it is not there just to be mean and make you carry more stuff! Accidents happen and your first aid kit, whistle and mobile phone are essential to minimising misery and injury. Dehydration can be a serious issue affecting not only your physical state but your mental one as well - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Overhydrating can also be a risk so please ensure you have a good balance of water as well as replacement salts/electrolytes. By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.

- 1. 1.5 LTR HYDRATION PACK** - (Nathan/Salomon/ Camelbak etc.) full to capacity on Stage 1 start line
- 2. ROUTE/COURSE MAP AND COORDINATES** for Campsite navigation.

- 3. CELL PHONE** (Fully charged with pre-programmed number of race director +971 52 831 0017).
- 4. GPS UNIT/WATCH/COMPASS** You need to be able to return back to your start location as a matter of safety. If you become lost, you should be able to find your way back to camp without assistance.
- 5. RUBBER CUP** - (SUPPLIED) drinks will be pumped, NOT given in bottles or disposable cups - in your goody bag (distributed on the day) there will be a collapsible cup to use for water and energy drinks, please take it with you on your run). No cup, no drink!
- 6. ELECTROLYTE TABLETS/POWDER** (SUPPLIED) Aqualyte and water will be supplied at checkpoints)
- 7. WHISTLE**
- 8. HEADLAMP** with spare batteries
- 9. EMPTY ZIPLOCK FOR RUBBISH** (we are trying to limit our impact on the desert - please return any empty sachets or wrappers to camp, and do not drop any litter, however small along the course or at camp).
- 10. FIRST AID KIT:** Contents to include the following. Please do not take the pain killers before you race!):  
Blister Kit  
4"x4" gauze pads  
Roll of medical tape

Antibacterial ointment or cream  
3" wide Ace Bandage  
Painkiller tablets (Tylenol, Aspirin, etc.)  
Anti-inflammatory tablets (Voltaren, Ibuprofen, etc.)

**NOTE: THERE ARE NO EMERGENCY SERVICES PRESENT AT THE EVENT. ALTHOUGH AN AMBULANCE IS APPROX SKM FROM CAMP. WE TRUST THAT YOUR FIRST AID KIT WOULD INCLUDE ANY SPECIFIC MEDICATION YOU REQUIRE PERSONALLY, AND BE COMPREHENSIVE ENOUGH TO DEAL WITH MOST MEDICAL SITUATIONS.**

### OPTIONAL/RECOMMENDED GEAR

- 1. SAND GAITERS** (plastic bags taped to your feet or store bought).
- 2. SUNGLASSES**
- 3. PEAKED HAT WITH OR WITHOUT NECK FLAP**
- 4. SUNSCREEN**
- 5. WATERPROOF (ZIPLOCK) FOR PHONE**
- 6. SMALL SCISSORS**
- 7. LIGHT JACKET/FLEECE**
- 8. SURVIVAL MIRROR**
- 9. LIGHTER OR WATERPROOF MATCHES**
- 10. SPARE DUCT TAPE**
- 11. ENERGY GELS/NUTRITION**
- 12. SURVIVAL BLANKET**

# URBAN-ULTRA™



## GET OUT THERE



## SPONSORS

A BIG THANK YOU TO OUR SPONSORS

