

WELCOME TO THE MT. SANA 60



■ **Mandatory Gear - IMPORTANT PLEASE READ!** By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.

Please understand that we are trying to keep these low-key events fun and friendly, however, the list has been given from personal race knowledge and experience for your own safety and 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 for your safety. It is also very warm - dehydration is a potential life-threatening situation - 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. Winners will be checked for full kit at the finish line and issued a time penalty for missing items.

- **1.5 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line.
- **ID + MEDICAL INSURANCE CARD** Some form of ID and Health insurance is mandatory for participation
- **HEADTORCH** (NOT supplied) with spare batteries
- **CELL PHONE** Fully charged with pre-programmed number of Race & Course Directors - only operational on race day.
- **WATER POUCH** Drinks are pumped, NOT given in bottles or disposable cups.
- **WHISTLE**
- **SMALL SURVIVAL MIRROR OR REFLECTIVE SURFACE** 5cm sq min
- **SMALL POCKET KNIFE** Blade or sharp pen knife or equivalent
- **SURVIVAL BLANKET**
- **EMPTY ZIPLOCK** - please take rubbish home, please do not drop any litter, however small along the course.
- **COURSE MAP COPY ON PHONE/PRINT AND COORDINATES**
- **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, medical tape, Antibacterial cream, 3" wide Ace Bandage, Painkiller tablets, Anti-inflammatory tablets (Voltaren, Ibuprofen etc.) *NOTE: The list is a guideline to the content of a first aid kit. 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.*

WELCOME TO THE MT. SANA 60



OPTIONAL/RECOMMENDED GEAR Sunglasses, Peaked hat with or without neck flap, Sunscreen, Small scissors, Spare Duct Tape, Energy Gels/Nutrition, Hand sanitizer/wet wipes, Toilet roll, Camera/extra battery, Warm clothes, spare socks, Rain jacket.

Most importantly

WE WANT YOU TO HAVE FUN AND ENJOY YOUR ULTRA ADVENTURE!

HAPPY RUNNING - ENJOY YOUR RACE!

**Please join the facebook group Urban-Ultra Dubai
so that you are kept up to date with all the latest information.**