

## ■ **Mandatory Gear - IMPORTANT PLEASE READ!** *ITEMS TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT*

***BY AGREEING TO RACE YOU ARE CONFIRMING THAT YOU HAVE VALID MEDICAL INSURANCE AND ARE AGREEING TO THE RACE WAIVER CONDITIONS AT THE END OF THIS DOCUMENT.***

**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 the list has been given from personal race knowledge and experience for your own safety and is not there just make you carry more stuff! ***Accidents happen and your first aid kit, whistle and mobile phone are essential for your safety.*** When it is hot - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Winners will be checked for complete kit missing items will result in DQ. ***Please advise the Race Director if you have any medical condition we should be aware of.***

**We are always trying to limit our impact on the environment - please take rubbish home, please do not drop any litter, however small. NO plastic bottles or disposable cups are provided during the event. You must bring your own cup/drinking bottle.**

- **1.5 LTR HYDRATION** - Full to capacity at the start line. ALL runners regardless of distance MUST carry water.
- **CELL PHONE** - fully charged with pre-programmed number of **RACE DIRECTOR +971 50 4422934**
- **WHISTLE** to signal for emergency
- **COURSE MAP PRINTOUT OR IMAGE ON YOUR PHONE**
- **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, Medical tape, 3" wide Ace Bandage, Painkiller tablets (Aspirin, etc.), Anti-inflammatory tablets (Voltaren, Ibuprofen etc.).

***NOTE: The list is a guideline to the content of a first aid kit. Random checks will be made for complete kit - missing items will be given time penalties. 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**

Spare face mask

Sanitizer

Waterproof (ziplock) for phone,

Small scissors

Energy Gels/Nutrition

Watch/timing device

Blister care

Light jacket

**RACE WAIVER:** Please note that although our races are fully covered by insurance and medical services are in place, these are in operation for the duration of the race and for emergency treatment only. By agreeing to participate, you understand that Urban-Ultra, any of its staff, race partners or related companies are not liable for any injuries sustained during the race or any medical treatment after emergency care has been administered. By registering for the race you agree to these terms and conditions of entry. The FULL RACE WAIVER is at the end of this document. Thank you.

## **HAPPY RUNNING - ENJOY YOUR RACE!**