



GET OUT THERE



RACE PARTNER



GEAR LIST - MANDATORY

TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT

IMPORTANT PLEASE READ!

Please understand that we are trying to keep our events fun and friendly, however, your mandatory kit list means just that. It is essential to have these items with you at all times. They can be spot-checked at any time over the race. Participants missing any of these items will not be allowed to start. Participants not having these items on spot-check will be penalised.

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 etc. 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.

MANDATORY GEAR

- 1. A MOBILE PHONE** (Fully charged with pre-programmed number of race director +971 52 831 0017/+971 50 4422934 - Satellite phone numbers will be provided on race day)
- 2. 1.5 LTR HYDRATION PACK OR BOTTLES** Full to capacity at the start line.
- 3. RUBBER CUP** (SUPPLIED) drinks will be pumped, NOT given in bottles or disposable cups - in your goody bag there will be a collapsible cup to use for water please take it with you on your run. No cup, no drink!
- 4. WHISTLE**
- 5. HEADLAMP** with spare batteries
- 6. EMPTY ZIPLOCK FOR RUBBISH**
- 7. SURVIVAL BLANKET**
- 8. FIRST AID KIT:** Contents to include the following min:
Blister Kit, Sterile safety pin
4"x4" gauze pads, Roll of medical tape
Antibacterial ointment or cream, Ace Bandage
Painkiller tablets (Tylenol, Aspirin, etc.)
Anti-inflammatory tablets (Voltaren, Ibuprofen, etc.)

OPTIONAL/RECOMMENDED GEAR

- 1. SAND GAITERS**
- 2. SUNGLASSES**
- 3. PEAKED HAT WITH OR WITHOUT NECK FLAP**
- 4. SUNSCREEN (INCLUDED IN YOUR RACE PACK)**
- 5. SMALL SCISSORS**
- 6. LIGHT JACKET/FLEECE**
- 7. SPARE DUCT TAPE**
- 8. ENERGY GELS/NUTRITION**
- 9. HAND SANITIZER/WET WIPES**
- 10. TOILET ROLL**
- 11. CAMERA/EXTRA BATTERY**
- 12. WARM EVENING CLOTHES**
- 13. SPARE SOCKS**
- 14. RAIN JACKET**

URBAN-ULTRA™



GET OUT THERE



RACE PARTNER



RULES & REGULATIONS

- Runners shall receive no food or assistance outside of the race organisation checkpoints or risk disqualification.
- Runners should at all times carry the mandatory kit list and bib number.
- Litter found along the route left by runners or runners intentionally littering will be penalised.
- No shortcuts or lifts may be taken during the race. Any runners found to be cutting the course intentionally will be disqualified.
- Any runners deciding to pull out will be asked to wait at the closest checkpoint to them at the time. Runners will not be taken back to the finish until all runners are through that particular checkpoint and the checkpoint has finished its duties.
- Runners shall at all times be responsible for their own medical requirements/treatment except in cases of serious injury. Medics are in attendance for guidance only and will not administer general treatment for ailments such as sore muscles or blisters etc. in cases of serious injury, only registered Paramedic staff will be permitted to administer drugs/drip.
- Please advise Race Check in staff of any allergies/prescribed medicines you are taking.
- Runners must appreciate that the event takes place in remote areas where medical assistance or evacuation may be seriously delayed. You are expected to possess basic outdoor survival skills such as familiarity with outdoor gear and know how to administer basic first aid.
- The course may be changed due to weather or safety hazards. Rain or fog would adversely affect certain sections of the course.
- Course markings will be visible under normal conditions. Abnormal conditions may include sand, dust, fog, rain or any other condition that reduces visibility (other than darkness). If abnormal lighting conditions occur, a stage may be modified, delayed or cancelled until normal visibility conditions return.
- If you do not see a marker for 500m and you are not on the obvious or logical course, please return to the last known marker to re-evaluate and find the correct course.
- Every effort is made to keep the course markers in place for the duration of a stage. However, it is possible that markers may be taken, buried, blown over, covered or otherwise rendered difficult or impossible to find. It is your responsibility to pay attention to the markings and to make sensible decisions when following the course.
- Runners must not move or remove any course markers, doing so will mean disqualification.