



ULTRA MARATHON
CLOTHING & EQUIPMENT
CHECKLIST
THE FAN DANCE SERIES UK
AEE



*PRIOR PLANNING & PREPARATION PREVENTS PISS
POOR PERFORMANCE*

PACK AND CONTENTS

***Green donates on person or in pack option**

***Blue donates optional but recommended. Climate variable**

Backpack / patrol pack. 15- 25 litre capacity recommended for summer/hot climate owed to greater water carrying/hydration requirements

Reflective tape for Bergen/pack straps or day glow panel/waterproof shell for pack.

Waterproof liner/insert/canoe sack. Can use doubled up bin bags.

Warm jacket. Must be fit for purpose and able to preserve life in sub-zero temperatures should you go static for any period of time.

- Spare Base Layer/tech tee shirt
- Waterproof jacket
- Emergency bivi (a small luminous colour survival bag, typically orange. Not a foil blanket)
- First aid kit: containing at least 2 wound dressings, 4 sterilised wipes, 1 bandage roll, 1 roll of micropore tape (at least 1.25cm wide), 1 triangular bandage capable of being used as a sling. Scissors, plasters, blister treatment kit and painkillers.
- Spare socks
- Food & water to be consumed on the march (2 litres winter and 3 litres minimum for summer/hot climate editions)
- Hat and gloves: winter
- Patrol cap, running/sun hat and fingerless gloves for summer
- Cell phone
- Head torch & spare batteries
- Spare torch and batteries (night events only)
- Whistle
- Spare laces
- Compass
- Route map & safety card: TO BE ISSUED ELECTRONICALLY
- Emergency Vitals card: next of kin, blood group, other medical details. Record on reverse of race number.
- Emergency Rations (300g minimum)
- Flask (Compulsory for cold weather editions only)

CLOTHING

- Fell / trail running shoes. Boots acceptable. NO TRAINERS
- Windproof outer layer/gilet. Compulsory for winter/cold weather climate events
- Long sleeve Tee shirt / technical tee / running vest /base layer
- Running tights/leggings or trekking / military pants. [Shorts are acceptable for summer edition only. If winter weather is mild professional running shorts will be permitted. No sports shorts](#)
- Running/hiking socks
- Warm hat/ Running hat
- Gloves
- [Sunglasses](#)

BASE CAMP BAG: ALL CATEGORIES

This detail below is non-compulsory and should serve as a guide only.

Spare food, water and a change of clothing are however compulsory

Casual, warm/cool loose fitting and comfortable clothing for post march and evening on the town.

- Towel
- Wash kit
- Additional food rations / goodies for the weekend as per individual requirements
- Spare drinking water (1 gallon for summer)
- Mosquito repellent (summer)
- Talcum powder
- Sunscreen

Flip flops/shower shoes

Camera

Vaseline

Lipsil or other lip balm

VEHICLE EMERGENCY SUPPLIES (Winter Edition specific)

Luminous high visibility vest

Shovel/ snow shovel

Planks of wood for snow drift extraction

Warm blanket(s)

Gas stove for heating food/ water and defrosting windows

Emergency breakdown warning/hazard triangle

Snow chains

NOTES

Walking poles are permitted

All clothing & equipment must be fit for purpose. Lightweight kit as a weight saving measure is not acceptable and will not pass inspection. Your warm jacket and waterproof must be able to sustain life in sub-zero temperatures should you go static (unable to move) for any reason.

