



UTMR Obligatory Equipment 2021 checklist

Name: _____ Race bib number: _____

<input checked="" type="checkbox"/>	ID	Item description
<input type="checkbox"/>	1	Mobile phone Required
		2 x Fully functional head torch(es) with replacement batteries Required Stage: 1 x fully functioning torch must be carried with spare batteries Ultra: 2 x fully functioning torches must be carried with spare batteries for each torch.
<input type="checkbox"/>	2a	Light #1 (200 lumens)
<input type="checkbox"/>	2b	Spare batteries for light #1
<input type="checkbox"/>	2c	Light #2 (50 lumens) (ULTRAs only)
<input type="checkbox"/>	2d	Spare batteries for light #2 (ULTRAs only)
<input type="checkbox"/>	3	Bottles or bladders with capacity to carry 1.5 litres Required
<input type="checkbox"/>	4	Emergency food rations in a sealed ziplock bag (400 calories) Required
<input type="checkbox"/>	5	Emergency bivvy bag Required
<input type="checkbox"/>	6	Whistle Required
<input type="checkbox"/>	7	Elastic self-adhesive bandage / strapping Required
<input type="checkbox"/>	8	Drinking cup Required
<input type="checkbox"/>	9	Waterproof jacket with hood & taped seams Required
<input type="checkbox"/>	10	Waterproof trousers with taped seams Required
<input type="checkbox"/>	11	Warm spare long-sleeved thermal top layer (additional to anything worn at start) Required
<input type="checkbox"/>	12	Long running trousers or trousers that cover over the knee Required
<input type="checkbox"/>	13	Warm hat (bandana is not sufficient) Required
<input type="checkbox"/>	14	Gloves Required
<input checked="" type="checkbox"/>	15	GPS Tracker (provided) Required
<input type="checkbox"/>	16	Identity papers (required by border control) Required
<input type="checkbox"/>	17	Waterproof bag - drybag / ziplock plastic bag (to keep spare clothes dry) Required
<input type="checkbox"/>	18	Back red light or reflector Recommended
<input type="checkbox"/>	19	Thermal Windproof layer Recommended
<input type="checkbox"/>	20	Microspikes Required 4STAGE / ULTRA170