

# *Salomon Hengill Ultra Trail* **OBLIGATORY KIT**

## **Obligatory kit - 160 km and 106 km\***

- Running bag/pack to carry obligatory equipment throughout the race.
- Mobile/cell phone ( organizers security number saved ), keep the phone turned on and make sure the phone is fully charged at the start of the race.
- Personal cup/beaker 15 cl minimum in addition to bottles or flasks.
- Bottles, flasks or „water-bladder“ that holds minimum 1 litre of liquid.
- 1 headlamp/torch in good working order with spare batteries. We recommend that the headlamp/torch is waterproof and 200 lumens or more.
- Survival blanket of 1.40m x 2m minimum.
- Whistle.
- Self adhesive elasticated bandage which can serve as a bandage or strapping.
- Food reserve - Recommendation : 800kcal ( 2 gels + 2 energizing bars each of 65g )
- Jacket with hood which will withstand bad weather in the mountains and made with a waterproof and breathable membrane. It is the runner's responsibility to judge if their jacket is both wind- and waterproof.
- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely.
- Cap or bandana or Buff®.
- Hat.
- Additional warm second layer - a warm layer top with long sleeves (cotton excluded). Can be a windproof jacket, but it does not replace the obligatory waterproof jacket, and vice versa.
- Gloves.
- Waterproof over trousers.

## **Obligatory kit - 53 km\***

- Mobile/cell phone ( organization's security number saved), keep the phone turned on and make sure the phone is fully charged at the start of the race.
- Personal cup/beaker 15 cl minimum in addition to bottles or flasks.
- Survival blanket of 1.40m x 2m minimum.
- Whistle.
- Jacket with hood that will withstand bad weather in the mountains and made with a waterproof and breathable membrane. It is the runner's responsibility to judge if their jacket is both wind- and waterproof.
- Waterproof trousers.
- Additionally for the Midnight run 53 km version: Headlamp/torch in good working order with spare batteries. We recommend that the headlamp/torch is waterproof and 200 lumens or more.

## **Obligatory kit - Midnight run version 26 km\***

- Headlamp/torch in good working order with spare batteries. We recommend that the headlamp/torch is waterproof and 200 lumens or more.

**\*The event organizer reserves the right to reduce or withdraw items from the obligatory kit requirements based on weather conditions on race day.**

