

Race to the Wreck

Mandatory Kit List

The background of the entire page is a topographic map. The upper half is a solid dark teal color, while the lower half is white. Both sections feature white contour lines that represent terrain, with the lines being more densely packed in the lower half.

The countdown is on!

Time to get kitted out...

To Wear

- ☐ **Cap/hat with neck protection:** Protecting your head and neck from the sun is a must. You'll want all the shade you can get on this event and this starts with your head.
- ☐ **Sunglasses:** We advise wrap-around sports sunglasses to give you maximum field of vision and maximum sun (and sand!) protection. Cat 3 protection minimum spec. [BUY HERE](#)
- ☐ **Buff or Rat Rag:** A buff keeps the sun off your neck and is especially cooler if under the shade of your hat, and you can wet it at water stops too, which is heavenly when you're part-baked!
- ☐ **Suncream/block:** Tingerlaat has a good reputation amongst runners. P20 is also a fantastic choice, available widely at pharmacies.
- ☐ **Sun blocking lip balm**
- ☐ **T-Shirt:** Generally a loose-fitting lightweight t-shirt (not cotton) is advised. Short or long-sleeved are permitted but our strong advice is long-sleeved and with some element of SPF UV sun protection built in if you can find it. Raidlight do a good range of such garments.
- ☐ **Shorts:** Whatever you're most comfortable in to be honest. You can wear compression shorts/tights underneath for extra support if you choose.
- ☐ **Tights:** (Not mandatory) You can wear shorts if you prefer; but if you want to keep the sun off your legs and avoid heat rash, cooling tights are well worth packing, plus the compression also helps with recovery.
- ☐ **Lightweight waterproof jacket:** However unlikely it is that it may rain, a lightweight waterproof is recommended.
- ☐ **Socks:** Your final sock choice is up to you and can be quite personal. [BUY HERE](#)
- ☐ **Running shoes:** In deep dry sand, trail shoes aren't going to get you much more traction than road shoes. So we are not saying you **MUST** use trail shoes. Road or trail are OK. The important thing here is to have plenty of support and comfort and to ensure your sizing has enough space for some foot swelling in the heat. Trainers with a decent toe box size are also good as when you are descending down dunes, your feet are forced forward a lot repetitively so enough room helps to protect your toes (and toe nails!)
- ☐ **Sand gaiters:** These are a **must** for the desert to keep the sand from going in your shoes. A good pair that is well attached will spare you the horrors that a tiny amount of sand could do inside your shoes – even a few grains can be enough to ruin your feet before you even finish day one.
The Raidlights gaiters are a popular choice and the ones many previous #ratracers have opted for. You'll need to get a local cobbler to stitch/glue velcro around the edges of your shoes for the

gaiters to attach to as they use a Velcro attachment system typically. This will pretty much guarantee keeping all the sand outside of your shoes and save your feet from misery. If you live in the UK and if you choose gaiters from MyRaceKit.com they offer in-house stitching although you might get a better price locally. The absolute go-to guy in the UK, who does this for many desert runners is a chap called Alex who runs Alex Shoe Repairs in Wandsworth, London. It's not a cheap service but the quality shows and you want them to be a reliable fix when in the desert and you absolutely NEED the Velcro to be bombproof to make this system work. Alex is available on +44 (0) 207 223 4931.

- ☐ **Nightwear:** You'll want to change into some non-running gear at the end of each day and it cools down a fair bit at night in Namibia (especially towards the coast when the fog forms at night with the cool sea air hitting the hot desert sand), so pack a few base layers for top and bottom halves, maybe some favourite PJ's. A lightweight down jacket like the Rat Race Challenger jacket or fleece is also recommended for evenings as they do get cool. For your feet, some comfy slippers/sliders or crocs will air your feet and give you something to wear around camp. It is very important to give your feet a break each evening. [BUY HERE](#)

Equipment

- ☐ **Poles:** These are mandatory for this event. It is our strong view that without poles, you will struggle on this event. Even if you don't use poles normally, you WILL use them on this one. Lightweight is good and if you want to splash the cash, carbon poles like the Black Diamond Carbon Z range is the gold-standard. Carbon is by no means required though; just a good, robust trekking or ultra-running pole.
- ☐ **Daypack or Ultra Vest:** You only need a handy day pack as the crew will carry your full load of gear from camp to camp. 15 – 20l is recommended. Although it is up to you – you will need to fit the mandatory kit inside, plus 2l of water, food (min 400 kcal) and spare clothing. It's entirely up to you. [BUY HERE](#)
- ☐ **Waterproof liner or drybag for daybag:** This may sound strange in a place which has pretty much zero rainfall. The simple answer is that, if it's waterproof, it's sandproof. A waterproof liner or drybag will prevent sand getting all over your items inside your bag, which it will. It gets everywhere.
- ☐ **Water carrying system:** We will ask that you have a MINIMUM carrying capacity of 2 litres on you at any one time. You may carry bladders, plastic 'hard' bottles or soft bottles. Anything combination is fine. Provided you can carry 2 litres. [BUY HERE](#)
- ☐ **Head torch:** waterproof to IPX7 standard, minimum 150 lumens + spare batteries or second headtorch. [BUY HERE](#)
- ☐ **Portable charger:** for that phone for selfies! But also for the charging of your GPS device – see below.

- ☐ **GPS device:** We require that you have a GPS device that is capable of having a GPX file downloaded to it. This can be a watch or a handheld device. This is an important piece of equipment that will assist you with following the GPS-generated route line on the ground. You should practise with your device prior to arrival at the event but we will also assist you on arrival with these GPX files and ensure you know to download them to your device. The key is that is **MUST** have enough battery life to last a full 15 hr day and you must have the ability to re-charge it (portable charger, see above). You absolutely must have enough power to ensure your GPS device can be powered on each day for all 5 days on the trail.
- ☐ **Mirror:** Not for checking your make-up, but for reflecting the sun to flash for attention/help if you get into trouble. You can get these within expedition first aid kits or buy here.
- ☐ **Whistle:** As long as it makes a loud toot, then you can pick one up very cheap. Some backpacks have them built in. That is fine. So it's an integrated backpack whistle; or a stand-alone one. [BUY HERE](#)
- ☐ **Pen knife or multitool:** any type of leatherman is great. Or a swiss army knife. You do not need to spend megabucks on this gadget. It is very useful however for kit repairs and for general camp life.
- ☐ **Gaffer tape or electrical tape for unexpected kit repairs:** Top Tip - to prevent you having to carry a full roll of duct tape, use a hotel key card or credit card-sized item and wrap the tape around it.

Food

- ☐ **Electrolyte tablets, salt tablets or Sticks:** To be clear, these are non-negotiable mandatory kit. [BUY HERE](#)
- ☐ **Snacks:** We will provide you with Pit Stop support along the route. We ask that you maintain some emergency rations on you at all times. As a minimum, 400kcal. This equates to 4 gels or similar energy bars products. You may also want to take your own foodstuffs and/ or sports nutrition as you know what works best for you and you may have a system you are comfortable with, or simply want some of your own preferred scooby snacks. Given we are transporting an overnight bag for you, there is the facility for this to be carried for you camp-to-camp and you top up with what you need prior to each stage. [BUY HERE](#)

Blister Care

- ☐ **Kinesiology tape (K-Tape)** [BUY HERE](#)
- ☐ **4 x sterile needles**
- ☐ **4 x scalpel blades**
- ☐ **Small pair of scissors** or penknife with scissors
- ☐ **Gauze swabs** (2 x packs of 5 swabs – used for drying/cleaning before applying tape)
- ☐ **Compeed blister plasters:** recommended not mandatory (personal preference)

Medical

- ☐ **Disinfectant solution**
- ☐ **Foot lube** (silicon based)
- ☐ **Rubbing alcohol** (used for drying feet and help prevent fungal infections)
- ☐ **Dry Bag:** to store all footcare in
- ☐ **Pad and bandage style dressing (large)**
- ☐ **Adhesive dressing – 1x medium and 1 x large**
- ☐ **1 x conforming bandage**
- ☐ **Dioralyte/rehydration sachets x 5**
- ☐ **Basic pain relief (Paracetamol)**
- ☐ **Any personal medications**
- ☐ **Over the counter antihistamine tablets**
- ☐ **Savlon tube (or other brand of antiseptic cream)**
- ☐ **Hand sanitiser**
- ☐ **Insect repellent**
- ☐ **After-bite cream**
- ☐ Recommended: Triangular bandage, plasters and sudocrem/Vaseline for chaffing

[BUY MEDICAL SUPPLIES HERE](#)

Sleep Gear

- ☐ **Lightweight sleeping bag**
- ☐ **Sleeping bag liner**
- ☐ **Sleeping mat**

Other Kit

- ☐ **Toothpaste & brush**
- ☐ **Personal toiletries**
- ☐ **Holdall or duffel** for us to transport your gear between camps – please ensure this is a soft duffel and not a hard suitcase. [BUY HERE](#)
- ☐ **Casual clothing** for transit and overnights
- ☐ **Towel** – travel micro towel or full-size. [BUY HERE](#)
- ☐ **Spork** or other eating utensil

Bike ONLY Kit

List (for those
doing the bike & run
format)

- ☐ **Small drybag/s** – for electronics. Sand WILL get everywhere and can compromise the effectiveness of your equipment and/ or scratch and damage items easily
- ☐ **International plug adaptor**
- ☐ **Bike:** provided unless you wish to use your own
- ☐ **Helmet:** you will need to provide your own helmet
- ☐ **Bikes** will be supplied with flat pedals. Cleated pedals (SPD) may be attached if you wish to bring your own cleats. If doing so, please also bring a pedal spanner
- ☐ **Basic tool kit** to include puncture repair patch, bike multitool and tyre levers
- ☐ **Small portable pump** (shradder valve) to carry with you on the bike. Track pumps will be available in camps.
- ☐ **Padded cycling shorts**
- ☐ **Cycling jersey** – lightweight. As with the run kit above, the recommendation is to equip yourself where possible with SPF UV protective clothing
- ☐ **Cycling gloves**
- ☐ **Socks for cycling**
- ☐ **Footwear appropriate for flat pedals** (running trainers/ sneakers are fine) or SPD footwear if using cleats, Please bring your own pedals if you wish to use them
- ☐ **Chamois cream**
- ☐ **Front and rear bike lights**
- ☐ You are welcome to bring your own saddle if you wish