



RAT RACE PANAMA
COAST TO COAST
THE KIT LIST

Some of the kit listed is to help you have a safe experience and have the best chance of finishing. Some of this kit is to ensure that if you are unable to continue without our assistance then we can be confident of you having the level of equipment required to keep you as comfortable as possible whilst you wait for that assistance. Some of it is simply to keep you from perishing. It is serious. We know everyone knows this, but we ask that you please do work with us on this.

We have compiled this list after experiencing this event and this jungle multiple times. All advice is to be taken seriously.

We have created a tick sheet of the ALL items you need. Below this there is more comprehensive information outlaying some considerations in more detail. We have a lot of experience in the jungle and have tried to layout the kit you need in a digestible format. Please read through everything thoroughly.

Note: All items are mandatory, unless it says recommended, where they are, well, recommended!

ROAD RUN PHASE

- Cap/hat with neck protection
- Sunglasses – Cat 3 or better
- Buff, neck gaiter, Rat Rag or similar – you will receive a Panama C2C one at registration!
- Suncream suitable for use in sport.
- Lip balm with SPF
- T-shirt – ideally long-sleeved and with some element of UV/SPF protection built in
- Shorts
- Lightweight waterproof jacket
- Socks and at least 1 spare set
- Running shoes
- Running tights

- Running pack
- Water carrying system in you running pack (Min 2 litres)
- Extra food for run days 400kcal rations (4 gels or similar energy bars)
- Salt tablets or Sticks and/or electrolytes
- Yodora Cream

JUNGLE PHASE

- Jungle boots
- Insect repellent/DEET 50% +
- Midge or No-see-um head net
- Lightweight Fleece or synthetic jacket
- Hat
- Loose long sleeve Shirt x 2
- Long Trousers
- Socks per day
- Snake-proof gaiters
- Underwear
- Ultralight rain shell or poncho

JUNGLE CAMP & NIGHT TIME KIT

- Jungle Hammock
- Hammock Hex Tarp
- Lightweight Sleeping mat
- Lightweight Sleeping bag OR 2 x silk liners
- Camp shorts or light trousers
- Small camp towel
- Sandals, crocs or suitable camp footwear
- Sleep clothes – lightweight thermals

JUNGLE EQUIPMENT

- Personal stove
- Bottle for stove fuel
- Eating utensils/spork
- Waterproof phone case
- Dry bags
- Ear plugs
- Pen knife
- Money in small bills
- Plastic or metal cup
- Lighter
- Toilet paper and nappy bags OR Backcountry bidet
- Ultralight Trowel for digging cat hole
- Personal Toiletries
- Spork or eating utensil
- Trekking poles
- Water bladder 2-3L (Minimum capacity 3 litres across carrying vessels)
- Water filtration system
- Water mouthpiece cap (if using a hydration bladder)

- Water bottle (500 ml/ 750ml/ 1000ml – optional)
- Backpack 50 – 70L
- Backpack liner

SNACKS & MEALS

- Snacks as advised below
- Exped Meals as advised below

PACKRAFTING KIT

- Lightweight shorts
- Rash vest with UV protection

GENERAL EQUIPMENT

- Poles (Recommended for the running, Mandatory for the jungle phase)
- Head torch
- Spare batteries
- Portable charger for phone with a suitable cable
- GPS device watch
- Whistle
- Pen knife
- Gaffer tape or electrical tape (a small amount. Wrap some around a small pencil or on walking pole)

OTHER MANDATORY KIT

- Passport
- Toothpaste & brush
- Holdall or duffel (separate from your jungle rucksack) – This will become your transition bag, accessible after the jungle stage and before the river stage
- Casual clothing for transit/overnights/celebratory meal
- Mobile phone – International roaming to be enabled if in an emergency
- Small drybag/s for electronics

MEDICAL KIT

- Pad and bandage style dressing (large)
- Adhesive dressing – 1x medium and 1 x large
- 1 x conforming bandage
- Dioralyte sachets x 5
- Basic pain relief (Paracetamol)
- Any personal medications
- Over the counter antihistamine tablets
- Savlon tube
- Hand sanitiser
- After-bite cream
- Sudocrem/Vaseline



BLISTER KIT

- Zinc Oxide tape (Recommended brands: Rock tape or Tiger tape)
- 4 x sterile needles
- 4 x scalpel blades
- Small pair of scissors
- Gauze swabs (2 x packs of 5 swabs – used for drying/cleaning before applying tape)
- Compeed
- Haplaband tape (if you are prone to getting blisters in-between toes this is recommended)
- Disinfectant solution
- Foot lube (water based)
- Rubbing alcohol (used for drying feet and help prevent fungal infections)

All medical kit should be stored in a dry bag.

OTHER RECOMMENDED KIT & OPTIONAL ITEMS (NOT MANDATORY)

- Camera
- Any additional clothing
- Robust outdoor footwear
- Reading material
- International plug adaptor
- Rubber bands
- Sewing / Repair kit
- Tupperware container
- Water purifying tablets
- Waterproof wallet
- Zip ties– great for many makeshift fixes
- Lip balm
- Hand cream

DETAILED KIT LIST

There are numerous notes and recommendations to assist you with gear selection. Where a product is linked as a recommendation, it is just that: A recommendation and you are free to use the brands and products you see fit. What works for someone on fit, style or size may well not work for someone else, so please do not take our recommendations as a *fait accompli*.

NOTE ON CLOTHING AND HAMMOCK – PERMETHRIN

Your clothing and hammock should be treated with permethrin, which is different to insect repellent. You can purchase it and apply it to clothing, or you can buy pre-impregnated garments. It is important that you do this before travel to Panama.

ROAD RUN PHASE

Cap/hat with neck protection: Protecting your head and neck from the sun is a must. There are several variations but something like either [this from My Race Kit](#) or [this from Raidlight](#) will do the trick. The removeable neck protection function is useful, although it does not need to be removeable.

Sunglasses – Cat 3 – We advise wrap-around sports sunglasses to give you maximum field of vision and maximum sun protection. These can vary massively in price, but anything with good UV protection will be fine as long as they're comfortable on your hot sweaty face. Cat 3 protection minimum spec.

Buff, neck gaiter, Rat Rag or similar – you will receive a Panama C2C one at registration!

Suncream - suitable for use in sport.

Lip balm - with SPF

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 UV 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.

Lightweight waterproof jacket – it can rain and whilst this can be very refreshing and you are never really dry anyway (due to humidity and sweat!), a lightweight waterproof is recommended just to keep you from getting soaked through.

Socks and at least 1 spare set – Your final sock choice is up to you and can be quite personal. Our strong advice would be a double sock system with a toe sock and a good wicking lightweight running sock over the top. But that does not work for everyone, and you need to have experience with your own sock system.



Two sock system - The Ininji liner socks are fantastic. Coupled with something lightweight and breathable and 'friction-free' such as the Hilly Monoskin anklet. Or the Rat Race merino sock for outer layer – with excellent moisture wicking properties.

Running shoes – Road or trail are OK, but this is predominantly a road run on tarmac and good surfaces, plus a mountain jeep track for the final 10km. 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 and to accommodate a double sock system (if you use that).

Footwear size: Is bigger better? You'll hear advice to go bigger on your shoe size in a hot running environment, and some advice tells you to even go as much as two sizes up. We think that is too much. Your feet may well swell, but they won't swell to a leg length, so perhaps go half a size up, one at most, but the important thing is to choose a shoe with a wide fit and plenty of room in the toe box. Too much space could have adverse effects as your feet rattle and slide around inside and lead to blistering. So, 0.5 – 1 size only on the size increment is our advice. We strongly advise you to attend a physical running shoe shop and try on different brands and models, plus take the advice from people who know about fit and gait. Do not buy blind from the internet on this one!

Running tights – (Recommended, 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.

Running Pack – 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.

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 flex bottles

Extra food for run days 400kcal rations (4 energy bars, sweets and gels)

Salt tablets or Sticks and/or electrolytes – These are essential for the full duration of this event. Trial different brands and make sure you plenty for the duration. For example, use electrolyte tables for one of your water bottles whilst running, plus Sat tables and salt sticks. For the jungle use salt tablets and salt sticks as you will be unable to clean your bottles and water filters will filter out the electrolytes that you put in!

Yodora Cream - Yodora cream is an antifungal cream that is recommended throughout this event. It has saved peoples feet on the run and is COMPULSORY in the jungle as it prevents jungle rot. Yodora cream is so greasy that it doesn't run off so easily. I would totally recommend it during the run. Yodora can be found easily in Panama. We will arrange a pot of this cream to be given to each person when in country.



JUNGLE PHASE

Jungle boots – You need to be wearing jungle boots. These have non-clog soles, a hardened inner sole to prevent have jungle debris and spikes entering the sole and they have drainage holes. Examples like the [Salomon XA Forces Jungle](#), [Altberg Jungle boot](#) are great. But there are also other brands. The key thing is to make sure they fit correctly and wear them in.

Permethrin. Get Mosquito-proof – You must treat your clothing in advance with a spray on repellent, or buy clothing which is already impregnated like Craghoppers Nozlife which is a range of great hiking gear with repellent permanently woven into the fabric. You must also treat your hammock with this to prevent access by critters at night, so whether you go for the pre-impregnated clothing purchases or the spray, you will need spray for the hammock anyway.

Insect repellent. You can use DEET or DEET-free. DEET does work and is reliable insect repellent, **but** it will also smear the coating on your smart phone, your smart watch, your camera lens, your sunglasses, and other synthetic materials inadvertently. You have to be very careful about spraying it away from sensitive equipment, and/or having DEET on your hands or fingertips and then touching something sensitive like your phone screen. You can avoid this hassle by getting a DEET-free repellent. I personally prefer the ones containing citronella, lemon and eucalyptus.

Midge or No-see-um head net - Many insects are attracted to your torch light, they don't bite, and don't get deterred by repellent, but they can be very annoying especially if you have to get up at 4am to break down camp and start packing. In those situations wearing a fine mesh head net is a game changer. Make sure to get the ones with the finest mesh, and don't come attached to a hat. [EXAMPLE](#)

Fleece or synthetic jacket – this is just an extra mid-layer to keep snug if it cools in the evenings. At the higher elevations in the cloud forest, it does in fact cool a little at night. After hard, heavy days being drenched to the bone, you will want a nice dry mid layer at night to relax in and recharge.

Hat (lightweight with back flap if possible, to keep the sun and bugs off) – the [same hat](#) you had on the road sections should be fine.

Long sleeve Shirt – Loose fitting. Our advice would be to take 2 in fact so you can change half way through the jungle phase. Your shirt will get filthy. It is fine to use the same one throughout, but our advice is two for comfort. There are plenty of options on the market, many with built-in SPF and permethrin, too.

Long Trousers – comfy and loose-fitting. Multiple pockets are useful for various snacks and other stashable items.

Socks (a dry pair to put on each day) – try and get longer socks you can roll over the top of your boots to keep the creepies out of your boots. Lightweight and breathable are good. There are plenty of options on the market.

Snake-proof gaiters – snakes will usually hide long before you could ever get close so you're unlikely to encounter one, but just in case you startle a wriggler that's busy sleeping and it goes for your lower limbs (as it is likely to be on the ground,



camouflaged and you will tread on it), you'll feel more confident and be more bite-proof with a pair of these. There are some very expensive options like Turtleskin or a little cheaper from sea to summit – something thick enough to withstand a puncture but light enough not to boil your calves and lower legs. If you are using standard gaiters and have not invested in snake gaiters, ensure you cut off the boot loop at the bottom. You do not want that on as it causes a trip hazard. .

OR...

You could cut the feet off a pair of cheap wellies and wear the tops over your jungle boots. It was simple genius and cost about £10 vs the way more expensive gaiters! The local guides tend to wear wellies to travel in the jungle anyway. We would not recommend wellies however!

Underwear - We would recommend synthetic wicking underwear such as underwear

Ultralight rain jacket - True to its name, it is known to rain in the rainforest. A lot! A waterproof jacket is something you're likely to already have, so a fancy hiking one or a simple pac-a-mac could do.

OR...

Poncho could cover both you and your pack – Feel unphased by the rains no matter how heavy they fall. The crew would recommend a poncho; this can then also be used to put down under your hammock to step on or sit on.

CAMP & NIGHT TIME KIT

Jungle Hammock (must be treated with Permethrin) – Get the lightest for your size and weight from HengeHammocks.com > Recommended hammocks are the [Circadian by Hammock Gear](#), or the [Tempest 11-foot Zipper Hammock, by Onewind.](#)

Hammock Hex Tarp – also from HengeHammocks.com, the Xenon 12-foot UL by Dutchware is recommended

Lightweight Sleeping Mat (ultralight, inflatable) – lay on this inside your hammock to keep the cold off your back

Lightweight Sleeping bag - You could also use two silk liners when in the highlands and one for the lower lands.

Camp shorts or light trousers

Small camp towel – Go very small – A3 size max

Sandals, crocs or suitable camp footwear - You'll want to get your wet boots and socks off in camp and let those feet dry out and breathe for a few hours. Make sure the sandals have good ventilation for your toes, and preferably, they have a heel strap.



Sleep clothes lightweight top and bottom These garments are important. You do not want to sleep in your wet clothes as that will get old, fast. Likewise, it does get a bit chilly at night in the higher elevations so this gear will allow you a comfy night's sleep, when paired with a lightweight sleeping bag or liners.

JUNGLE EQUIPMENT

Personal stove – A small a lightweight alcohol stove is needed. A burner, pot stand and windsheild PLUS a lightweight pot for boiling 0.5l of water. See [EXAMPLE](#). This Lixada system really is 126g, I think it's a great option, and much cheaper than most commercial brands. In comparison, the rental kits we've put together weigh in at 70g.

Bottle for stove fuel – 500ml lightweight bottle

OPTION – In country stove rental - \$10 per person. Lightweight stove, stand, foil wind break and fuel bottle. NOTE you will still need to bring a lightweight pot for boiling water. If you want this option, you will be asked to tick a box when filling out the participant information form sent with the EEI.

Eating utensils/spork

Waterproof phone case

Waterproof liner or drybag for running pack & Jungle pack – Everything gets wet in the tropics. In the jungle it's next-level moisture but even on the road run, a good waterproofing solution will keep your gear dry and functional

Ear plugs - the jungle orchestra comes alive at night. Light sleepers beware!

Pen knife

Money - in small bills to pay for roadside stalls on the run and a potential portering option in the jungle (it is potential! Not always available!). Approximately \$100 in total

Plastic or metal cup

Lighter

Toilet paper and nappy bags OR Backcountry bidet – You will need to burn your toilet roll or carry it out of the jungle with you. An alternative option is a [Backcountry bidet](#). If you have not heard of it, please research. It is a small attachment that goes onto a water bottle to wash your backside! Works very well, needs a little bit of practise.

I recommend the [Holey Hiker](#) in combination with a collapsible bottle for a more powerful squeeze and better water output pressure.



Ultralight Trowel for digging cat (poo) hole - Here's a good [example](#) of an ultralight trowel

Personal Toiletries – keep this extremely small and lightweight using the smallest sized travel bottles you can get. 50ml max if possible.

Water bladder 2-3L and/or bottles - Minimum capacity 3 litres across carrying vessels

Water filtration system – For example the Sawyer Squeeze or Katadyn BeFree are lightweight and easy to use options. Water filtration is not a time to skimp on price as they break or the containers rip. Use reputable companies. Practise and being confident and quick with water filtering is a must in your preparation. You could also use an in-line filter, this is a filter that attaches to the hose of a water bladder – quick to use, hard to suck water from!

Water mouthpiece cap if using a hydration bladder to keep the dirt out.

Backpack 50 – 70L & Backpack waterproof liner – Buy your backpack last, when you've gathered all of the other gear. That way you'll be getting the appropriate capacity, as opposed to getting a pack that is too big or too small for your needs. Also, try it on before buying or measure your torso length to order the right size. You are aiming for your bag to weigh approx. 9-10kg without food. If it is more than that you are probably carrying this unnecessary and not on this list.

PACKRAFTING KIT

The good news here is that you really don't need anything extra. Your jungle sandals will do for footwear. You can wear the same clothing you have worn in the jungle. Or add in a pair of shorts and a rash vest that has UV protection in. Your buoyancy aid, paddle, helmets and packraft will be provided.

GENERAL EQUIPMENT

Poles – (Recommended for the running, Mandatory for the jungle phase) When used properly, poles are a huge benefit on long climbs. This route does proceed gradually upwards and it is punctuated on day 2 with some sharp hills. But it's not 'hilly.' It is a steady incline from sea level to the continental divide, ascending all the time. It will be your own choice if you use poles for the road sections, but you must definitely take them into the jungle later. Hence it is mandatory kit for the event; not for the road run per se.

Head torch - waterproof to IPX7 standard, minimum 150 lumens + spare batteries or second headtorch

Spare batteries/charging cable and/or second headtorch

Portable charger for phone with a suitable cable

GPS device Watch – We require that you have a GPS device that is capable of having a GPX file downloaded to it. 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 must have enough battery life to last a full 15 hr day, and you must have the ability to re-charge it).

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.

Pen knife

Gaffer tape or electrical tape - 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.

OTHER MANDATORY KIT

Passport

Toothpaste & brush

Holdall or duffel (separate from your jungle rucksack) – This will become your transition bag, accessible after the jungle stage and before the river stage

Casual clothing - for transit/overnights/celebratory meal

Mobile phone – International roaming to be enabled or E-sim installed

Small drybag/s for electronics

FOOD

Snacks and meals Running

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.



Snacks & Meals Jungle

Snacks: You should take enough snacks for regular eating over 5 days in the jungle. These can be the same types of things you used on the road run stages.

Meals: Two Expedition meals per day must be taken: Breakfast & Dinner.

Snacks and Meals Packrafting

Snacks: You should take enough snacks for regular eating over 2 days in the packrafting. These can be the same types of things you used on the other stages, but bars are simple as they can fit in the pockets of your buoyancy aid.

Meals: Two Expedition meals per day must be taken: Breakfast & Dinner.

A breakdown of meals:

In terms of total number of dehydrated meals therefore, you are looking at:

- **6 X BREAKFAST** plus 1 contingency – 7 total
- **6 X MAIN MEALS** plus 1 contingency – 7 total
- **7 X SNACKING AND LUNCH ITEMS** plus 1 contingency – 8 total

An example daily meal breakdown would be something like the following suggested 3000 kcal meal plan:

Breakfast: 1000 calorie dehydrated ration pack* (or 800kcal)

Snacking items/lunch (these are examples, please bring your own selections suited to your tastes):

- i. 50g biltong
- ii. 100g trailmix
- iii. 1 portion snacking cheese
- iv. 2 flatbreads/wraps
- v. 1 tuna sachets
- vi. 2 Cereal/protein bars
- vii. 2 morale boosts (favourite items each day)
- viii. Sweets

Dinner: 1000 calorie dehydrated ration pack* (or 800kcal)

Other: Tea/coffee/hot chocolate/isotonic tablets or sachets/ salt tablets

www.expeditionfoods.com for a 15% discount on these meals! They are tasty and have many dietary options for GF, dairy-free and Vegan, too. *Quote RatRace15 at checkout for a 15% discount.



MEDICAL KIT

- Pad and bandage style dressing (large)
- Adhesive dressing – 1x medium and 1 x large
- 1 x conforming bandage
- Dioralyte sachets x 5
- Basic pain relief (Paracetamol)
- Any personal medications
- Over the counter antihistamine tablets
- Savlon tube
- Hand sanitiser
- After-bite cream
- Sudocrem/Vaseline

Blister Kit:

- Zinc Oxide tape (Recommended brands: Rock tape or Tiger Tan tape)
- 4 x sterile needles
- 4 x scalpel blades
- Small pair of scissors
- Gauze swabs (2 x packs of 5 swabs – used for drying/cleaning before applying tape)
- Compeed
- Haplaband tape (if you are prone to getting blisters in-between toes this is recommended)
- Disinfectant solution
- Foot lube (water based)
- Rubbing alcohol (used for drying feet and help prevent fungal infections)

All medical kit should be stored in a dry bag.

OTHER OPTIONAL ITEMS FOR CONSIDERATION (NOT MANDATORY)

- Camera
- Reading material – For the jungle, consider using the Kindle app to read on your phone, plus you can download podcasts, music and audiobooks for a variety of entertainment options
- International plug adaptor
- Sewing / Repair kit
- Tupperware container
- Water purifying tablets (1 strip)
- Zip ties– great for many makeshift fixes
- Hand cream