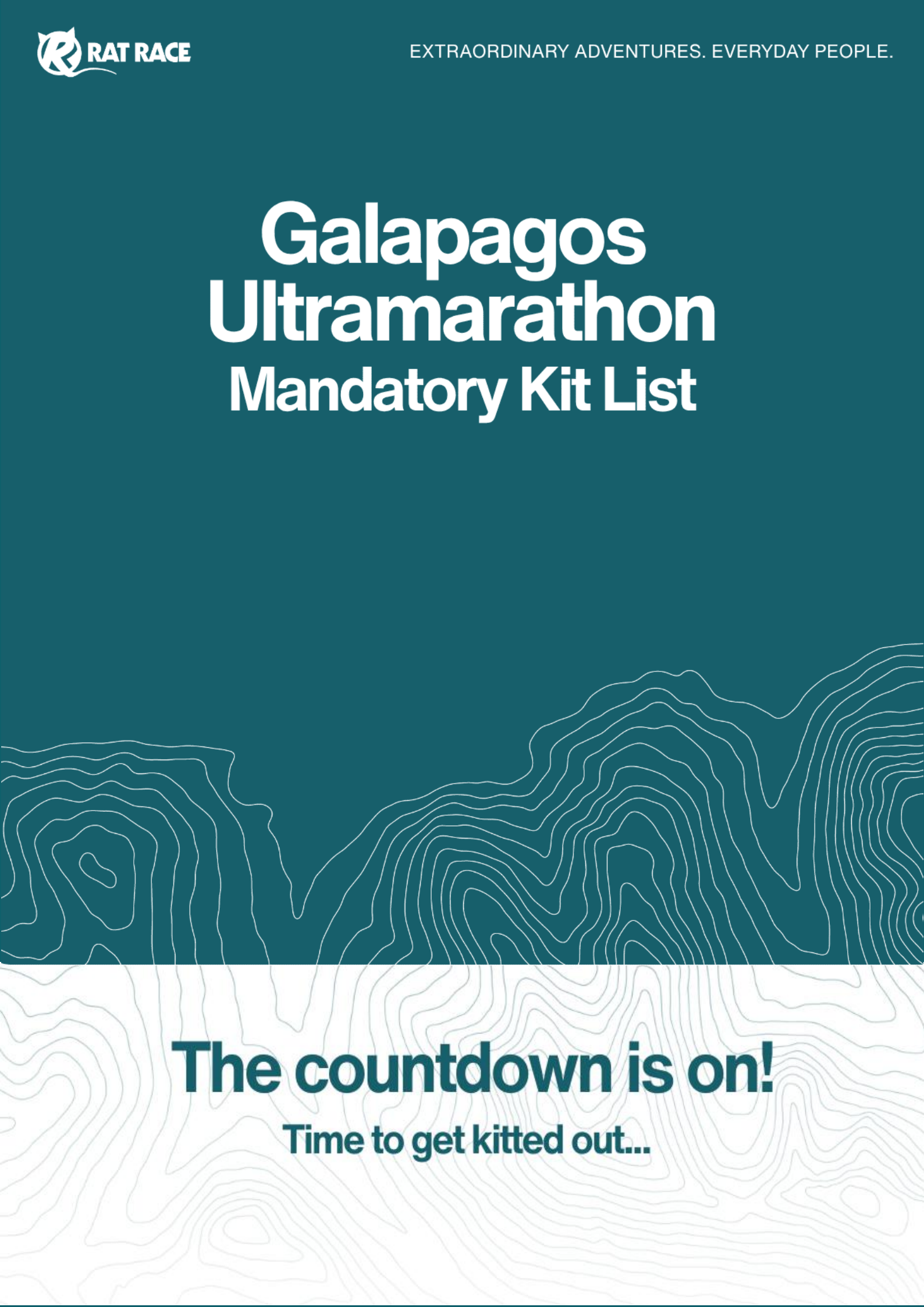


Galapagos Ultramarathon Mandatory Kit List

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. The topographic lines, representing contour lines of a mountain range, are white on the teal background and teal on the white background.

The countdown is on!

Time to get kitted out...

Running Kit

- ☐ **Cap/hat with neck protection:** Protecting your head and neck from the sun is a must.
- ☐ **Sunglasses:** We advise wrap-around sports sunglasses to give you maximum field of vision and maximum sun 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.
- ☐ **Suncream/block**
- ☐ **T-Shirt**
- ☐ **Shorts**
- ☐ **Lightweight waterproof jacket.**
- ☐ **Socks:** [BUY HERE](#)
- ☐ **Running/hiking shoes:** recommended to have a hybrid trainer. Nothing with a too aggressive sole is needed.
- ☐ **Daypack or Ultra Vest:** You only need a handy day pack. 15– 20l is recommended. Although it is up to you – you will need to fit the mandatory kit inside, plus 1.5l of water, food (min 400 kcal) and spare clothing. It's entirely up to you. [BUY HERE](#)
- ☐ **Water carrying system:** We will ask that you have a MINIMUM carrying capacity of 1.5 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 1.5 litres. [BUY HERE](#)
- ☐ **Poles:** Optional but recommended. [BUY HERE](#).
- ☐ **Head torch:** waterproof to IPX5 standard, minimum 150 lumens + spare batteries or second headtorch. [BUY HERE](#)
- ☐ **Portable charger:** for phone selfies! But also for the charging of your GPS device – see below. Bring in waterproof or ziplock bag.
- ☐ **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.
- ☐ **Collapsible cup.** [BUY HERE](#).
- ☐ **High visibility vest, bands or top** to wear when running on the roads
- ☐ Red light to attached to you rbag or back of cap
- ☐ Survival Bag. [BUY HERE](#).

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.

Blister Care

- ☐ **Kinesiology tape (K-Tape)** [BUY HERE](#)
- ☐ **2 x sterile needles**
- ☐ **2 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)
- ☐ **Disinfectant solution**
- ☐ **Foot lube** (silicon based)
- ☐ **Rubbing alcohol** (used for drying feet and help prevent fungal infections)
- ☐ **Dry Bag:** to store all footcare in

[BUY BLISTER KIT SUPPLIES HERE](#)

Medical

- ☐ **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](#)

Other Kit

- ☐ **Toothpaste & brush**
- ☐ **Personal toiletries**
- ☐ **Casual clothing** for evenings and hotel
- ☐ **General outdoor clothing** for activity days
- ☐ **Towel** – travel micro towel or full-size. [BUY HERE](#)
- ☐ **Swimming Kit**
- ☐ **Cash** – see entry fees section in EEI.