

The Isles Ultra

Mandatory Kit List



The countdown is on!

Time to get kitted out...

General Kit

- Ultra Running rucksack/hiking backpack or other appropriate method of carrying your kit . [**BUY HERE**](#)
- Hydration Bladder or Bottle(s) with a minimum of 1.5 litre capacity. [**BUY HERE**](#)
- Light trail Running Shoes i.e. running shoes with some grip or lightweight boots
- Trail running/walking apparel – shorts, technical wicking tee/base layer, long-sleeve wicking layer, mid-layer e.g. microfleece
- Spare base and mid layers
- Full waterproof body cover i.e. long sleeve jacket or top and full-length trousers. Both must be waterproof. These must have TAPED SEAMS as a minimum standard. [**BUY HERE**](#)
- Hat suitable to the conditions (a Rat Rag is OK). Waterproof recommended. – [**BUY HERE**](#)
- Gloves (lightweight running gloves are OK). Waterproof recommended. – [**BUY HERE**](#)
- Socks - consider neoprene and GoreTex, as well as warmer sport socks. Also consider a 2-sock system with a toed liner sock (e.g. ininji) and an outer, cooler trekking sock. Our own Rat Race Merino socks are pretty good, too! – [**BUY HERE**](#)
- Snacks (Min 1000kcal per day) – [**BUY HERE**](#)
- Survival bag - [**BUY HERE**](#)
- Whistle - [**BUY HERE**](#)
- Headtorch - waterproof to IPX7 standard, minimum 150 lumens + spare batteries or second headtorch – [**BUY HERE**](#)
- GPS tracker - given to you at the event briefing. This should be put in the lid/outer pocket of your rucksack. Remember this must be returned at the end of the event.
- Reusable cup for hot and cold drinks - [**BUY HERE**](#)
- Hand sanitiser
- GPS device
- Mobile phone and means of keeping it dry (e.g. small drybag or waterproof phone cover/ pouch)
- Power bank for mobile phone

- Casual clothing for use in evenings – no formal wear required
- Personal toiletries including any personal medication required

Personal Medical Kit

- 1 x triangular bandage
- 1 x crepe roll bandage
- Gauze or similar absorbent dressing
- Small set of scissors
- Pain Killers (paracetamol or/and ibuprofen)
- Steri-Strips
- Antiseptic (spray or cream)
- Assorted plasters
- Rubber gloves
- Prescribed medication
- K-tape
- Compeed – various sizes
- Lube stick
- Sudacrem

Recommended

- A quality roll top type rucksack/bag liner is good for keeping your kit dry. **[BUY HERE](#)**
- In foul weather, taking additional gloves, socks and a hat can be a help.
- Sun screen and sun glasses. We can hope 😊
- Blister treatment kit
- Running Poles: Highly recommended to assist with balance and leg fatigue across trackless, uneven, and steep gradients.
- Travel Towel & Sleep Comforts: Shared accommodation spaces mean a compact travel towel, earplugs, and a blindfold are excellent additions for a good night's sleep.