ULTRALITE

(MONGOLIA) · 2027

EQUIPMENT LIST (PRELIMINARY)

20–26 JUNE 2027 · ULAANBAATAR, MONGOLIA

EQUIPMENT LIST EXPLANATION

There are 35 equipment items that RacingThePlanet UltraLite (Mongolia) competitors MUST bring to the race in the required quantities.

> Every item will be checked before the race. Failure to have any item will result in a time penalty or you may not be allowed to start the race.

The full checklist is on the next page. The following pages include more details about each item, including recommended makes / models.

RacingThePlanet UltraLite (Mongolia) competitors can choose to be self-supported or supported.

SELF-SUPPORTED	SUPPORTED
You carry all of the equipment that you bring to the race.	There are certain items that you must carry, the remainder of the items can go in your Camp Bag that we will transport from Camp to Camp.

All RacingThePlanet UltraLite (Mongolia) competitors must carry the mandatory, emergency and safety equipment in their **Race Bag** (running backpack) at all times during each stage.

The items are split between those you must carry or wear and those that you can put in your Camp Bag. In some cases, you must carry a minimum amount of an item and the remainder can go into your Camp Bag (for example, food).

- The **Camp Bag** should be a durable duffel bag with a maximum capacity of 60 liters.
- Competitors can carry additional items but cannot carry less.
- Competitors can bring additional items in the Camp Bag that is transported from Camp to Camp, but **everything must fit inside a 60-liter bag**.
- You are required to bring **all your food** for the race; this can be in your **Camp Bag**, but you will be required to carry a minimum amount of food and electrolytes / salt tablets each day in your Race Bag.
- RacingThePlanet and nationality patches are mandatory on all tops that you bring.
- Equipment cannot be shared with other competitors – in particular those who are self-supported, either in the full race or RacingThePlanet UltraLite (Mongolia).

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MANDATORY EQUIPMENT CHECKLIST

Each item shows how many you must carry / wear during each Stage and how many can go in your Camp Bag.

	ITEM	TOTAL QTY	CARRY / WEAR	CAMP BAG	CHECK	PAGE
CARRY / WEAR						
1.	BACKPACK – 10 L MIN	1	1	–	☐	3
2.	WATERPROOF BAG – 10 L	1	1	–	☐	3
3.	HYDRATION SYSTEM	2.5 Liters	1	–	☐	3
4.	RUNNING SHOES	1	1	–	☐	4
5.	RUNNING TOP	1	1	–	☐	4
6.	WARM TOP	1	1	–	☐	4
7.	WATERPROOF JACKET	1	1	–	☐	4
8.	RAIN PONCHO	1	1	–	☐	4
9.	CAP WITH NECK COVER	1	1	–	☐	5
10.	SUNGLASSES	1	1	–	☐	5
11.	SUNSCREEN	60 ml / 2 fl oz	60 ml / 2 fl oz	–	☐	5
12.	LIP SUNSCREEN	1 tube	1 tube	–	☐	5
13.	ALCOHOL GEL	60ml	60ml	–	☐	5
14.	BIVVY BAG	1	1	–	☐	6
15.	KNIFE / MULTI-TOOL	1	1	–	☐	6
16.	RED FLASHING LIGHT	1	1	–	☐	6
17.	WHISTLE	1	1	–	☐	6
18.	MIRROR	1	1	–	☐	6
19.	COMPASS	1	1	–	☐	6
20.	COMPRESSION BANDAGE	1	1	–	☐	7
21.	SAFETY PINS	10	10	–	☐	7
SPLIT (CARRY SOME, CAMP BAG THE REST)						
22.	FOOD	14,000 calories	500 calories	–	☐	7
23.	ELECTROLYTES	7 days worth	Enough	–	☐	8
24.	TIGHTS / SHORTS	2	1	1	☐	8
25.	SOCKS	3	2	1	☐	8
26.	MEDICATION	Some	Some	Some	☐	9
27.	BLISTER KIT	1	1	–	☐	9
28.	PATCHES	All tops	All tops	All tops	☐	9
29.	HEADLIGHT	1	1	1	☐	10
30.	TOILET PAPER	Some	Some	Some	☐	10
CAMP BAG						
31.	DUFFEL BAG – MAX 60L	1	–	1	☐	10
32.	SLEEPING BAG – RATED TO 0°C / 32°F	1	–	1	☐	10
33.	WARM HAT	1	–	1	☐	10
34.	GLOVES	1	–	1	☐	11
35.	SPOON	1	–	1	☐	11
	OPTIONAL EQUIPMENT	Keep to a minimum				12–15

> You must have every mandatory item in the required quantity. Every item will be checked before the race. Failure to have any item will result in a time penalty, or you may not be allowed to start the race.

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MANDATORY EQUIPMENT

1. BACKPACK x 1



- ☐ Capable of carrying all the mandatory equipment that you must carry.
- ☐ There is no minimum or maximum size requirement, but a 10L backpack is optimal.
- ☐ There is no one backpack model that works for everyone.

Popular Brands: OMM, Ultimate Direction, Osprey, RaidLight, WAA, UltrAspire

Carry / Wear: 1 **Camp Bag:** 0

2. WATERPROOF BAG (10L) x 1



- ☐ The waterproof bag must be a *minimum of 10 liters* in size.
- ☐ This is to be used as an inner liner to your backpack to keep the contents of your backpack dry in the case of rain, water crossings and sweat.
- ☐ Using a combination of smaller bags does not fulfil this requirement.

Popular Brands: Sea-to-Summit, RacingThePlanet Lightweight Dry Bag

Carry / Wear: 1 **Camp Bag:** 0

3. HYDRATION SYSTEM x 2.5L / 85 fl oz



- ☐ You must carry containers that can hold *2.5 liters* of water at all times.
- ☐ You must leave every Checkpoint with 1.5 liters of water.
- ☐ There may be times when you must leave with up to 2.5 liters of water (e.g., if it is a longer section or very hot).
- ☐ The most common choices are:
  - **Bottles**: these are the most popular as they allow the most flexibility. The most common setup is to have 2 x 750ml / 25 fl oz bottles attached to the shoulder straps of your backpack where they are easy to access for drinking, easy to fill and offer the option of having water in one and electrolyte / food supplement in the other. They can also be put in a front pack or carried by hand.
  - **Hydration bladders**: These meet the requirement but the downside of this option is that it can be difficult to know how much fluid you have drunk / have left and can also be difficult to fill quickly.
  - **Soft bottles:** Platypus or Salomon, at least 1 liter in capacity for the extra 1 liter required.

Popular Brands: RacingThePlanet Trail Running Bottle, RacingThePlanet Essential Bottle, The Rough Country Bottle Holders, Platypus, Salomon, Ultimate Direction, Hydrapak, RaidLight

Carry / Wear: 2.5 Liter Capacity **Camp Bag:** 0

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4. RUNNING / HIKING SHOES



- ☐ Trail shoes are recommended.
- ☐ Consider buying your shoes one to two sizes larger than you would normally wear to account for swelling and tape for blisters.

Popular Brands: Hoka, Inov-8, Salomon, Brooks, Asics, Altra, Topo Athletic, La Sportiva.

Carry / Wear: 1 **Camp Bag:** 0

5. RUNNING TOP x 1



- ☐ One shirt is required.
- ☐ We recommend one or two extra that can go in your Camp Bag.
- ☐ It is a good idea to have one that is long-sleeved for sun protection and / or warmth in cooler temperatures.
- ☐ Quick-dry materials in light colors are recommended.

Popular Brands: Montane, Marmot, Yeti, Patagonia, Mountain Hardwear

- ☐ When you purchase a shirt or jacket, we'll stitch the RacingThePlanet and nationality flag patches of your choice on the shirt for only US$20 with our Patch Stitching service

Carry / Wear: 1 **Camp Bag:** 0

6. WARM TOP x 1



- ☐ This must be a warm top (preferably a fleece or down jacket).
- ☐ Temperatures can get very cold, especially at night and in the early morning.

Popular Brands: Montane, Marmot, Yeti, Patagonia, Mountain Hardwear

- ☐ When you purchase a shirt or jacket, we'll stitch the RacingThePlanet and nationality flag patches of your choice on the shirt for only US$20 with our Patch Stitching service.

Carry / Wear: 1 **Camp Bag:** 0

7. WATERPROOF JACKET x 1



- ☐ The jacket must be fully waterproof and also windproof, to keep you dry and warm.

Popular Brands: Montane, Patagonia, Salomon, Mountain Hardwear, Marmot

- ☐ When you purchase a shirt or jacket, we'll stitch the RacingThePlanet and nationality flag patches of your choice on the shirt for US$20 with our Patch Stitching service.

Carry / Wear: 1 **Camp Bag:** 0

8. RAIN PONCHO (see through) x 1



- ☐ Required for additional warmth and wet protection as a rain poncho is lightweight and easy to put on/take off when the weather changes.
- ☐ It must be clear / transparent so you can see your bib through it.

Popular Brands: Coghlan's

Carry / Wear: 1 **Camp Bag:** 0

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9. CAP WITH NECK COVER



- ☐ It is required that you wear a cap with a neck cover (such as a legionnaire design)
- ☐ A cap with a Buff also meets this requirement.

Popular Brands: RaidLight, Sunday Afternoons

Carry / Wear: 1 **Camp Bag:** 0

10. SUNGLASSES



- ☐ Any pair of UV protection sunglasses.
- ☐ Only 1 pair is mandatory.
- ☐ It is recommended to bring a 2nd pair as they are easy to break or lose. This 2nd pair can be in your Camp Bag.

Popular Brands: Julbo, Oakley, Goodr, Smith, SunGod.

Carry / Wear: 1 **Camp Bag:** 0

11. SUNSCREEN (60 ml / 2 fl oz) x 1



- ☐ A minimum of 60 ml / 2 fl oz is required. but bringing more is recommended.
- ☐ Choose a brand with high SPF that is waterproof, sweat-proof and non-greasy.

Popular Brands: Dermatone (30ml) – you will need two tubes to meet the requirement, Cancer Society

Carry / Wear: 60 ml / 2 fl oz **Camp Bag:** 0

12. LIP SUNSCREEN x 1



- ☐ To protect lips from the sun.
- ☐ This must be in addition to the sunscreen.

Popular Brands: Dermatone, Carmex, Chapstick

Carry / Wear: 1 **Camp Bag:** 0

13. ALCOHOL GEL (60 ml / 2 fl oz) x 1



- ☐ A minimum of 60 ml / 2 fl oz is required.
- ☐ It is recommended to bring more.
- ☐ Alcohol wipes cannot replace alcohol gel, but you may choose to carry both.
- ☐ Hand gel is more effective than hand spray.

Popular Brand: Purell

Carry / Wear: 60 ml / 2 fl oz **Camp Bag:** 0

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14. BIVVY BAG x 1



- ☐ Must be a *closed bivvy bag* (not a blanket) made of reflective material.
- ☐ We recommend a thick bag that you can repack easily as you may want to use it over your sleeping bag in cold or wet weather conditions.

Popular Brands: Adventure Heatsheets Emergency Bivvy, SOL Emergency Bivvy with Rescue Whistle, RacingThePlanet Emergency Bivvy

Carry / Wear: 1 **Camp Bag:** 0

15. KNIFE / MULTI-TOOL x 1



- ☐ A small knife / multi-tool has multiple uses during the event.
- ☐ Scissors do fulfil this requirement but a multitool with scissors is recommended.

Popular Brands:: Leatherman, Victorinox

Carry / Wear: 1 **Camp Bag:** 0

16. RED FLASHING LIGHT x 1



- ☐ The red flashing light is required in addition to your headlamp and back-up light.
- ☐ This is to be attached to the rear of your backpack and switched on when you are on the course in the dark.

Popular Brand: RacingThePlanet Flashing LED Trail Running Safety Light

Carry / Wear: 1 **Camp Bag:** 0

17. WHISTLE x 1



- ☐ To attract attention in case of an emergency.

  Note that many backpacks include a whistle on the buckle – this is **not** sufficient. You must have a separate emergency whistle.

Popular Brands: RacingThePlanet Whistle, RacingThePlanet Flat Whistle, Windstorm

Carry / Wear: 1 **Camp Bag:** 0

18. MIRROR x 1



- ☐ To attract attention in case of emergency. Reflect the sun off the mirror to draw attention to your location.

Popular Brand: Coghlan's

Carry / Wear: 1 **Camp Bag:** 0

19. COMPASS x 1



- ☐ Any model is adequate; however, a compass as a part of a watch is *not* sufficient.

  Note: There is no navigation in the event. The compass is an emergency gear item.

Popular Brand: Silva

Carry / Wear: 1 **Camp Bag:** 0

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20. COMPRESSION BANDAGE x 1



- ☐ The minimum size requirement *is 7.5 cm/3 in wide x 4.5 m /14 ft long* (6 cm/2.4 inches in diameter).
- ☐ The compression bandage can be used for strapping an ankle / knee, slinging an arm injury, bandaging a lesion or head wound to prevent bleeding, etc.

Popular Brand: Smith & Nephew

Carry / Wear: 1 **Camp Bag:** 0

21. SAFETY PINS x 10



- ☐ A minimum of *10 safety pins* are required for attaching your bib number (front and back) and for multiple uses during the event.

Popular Brand: Safety Pins

Carry / Wear: 10 **Camp Bag:** 0

22. FOOD x 14,000 calories



- ☐ No food is provided during the race.
- ☐ You need to bring all your food for the entire event.
- ☐ A *minimum of 14,000 calories* (2,000 calories/day) for the race (7 days).
- ☐ In addition to the 14,000 calories you need to bring an evening meal for Camp 1 before the race starts.
- ☐ We recommend that you bring the following types of food:

Carry / Wear: 500 calories minimum **Camp Bag:** Rest of food

Freeze-Dried Meals

- ☐ We recommend using freeze-dried meals as your main food source. Hot water will be available at all campsites.

Popular Brands: Expedition Foods (freeze-dried, high-calorie meals) (www.expeditionfoods.com)

NOTE: Expedition Foods have put together a Ration Pack which provides the minimum calories required (14,000), including all main meals plus energy bars/gels and electrolytes.

Energy Bars / Gels



- ☐ To avoid an upset stomach, be sure to test your bars and gels during training.

Popular Brands: Clif, GU, Hammer Bars & Gels, Honey Stinger, Nakd. Note: there are so many brands, just select something that works for you.

Nutrition Supplements



- ☐ There are a lot of choices. The ones listed are recommended by past RacingThePlanet competitors.

Popular Brands: Hammer Perpetuem, Hammer Sustained Energy, Hammer Recoverite, Tailwind

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Drink Mixes



- ☐ Bring your favourite drink mixes for mornings and evenings around camp.

Popular Drinks: **Coffee, Tea, Hot Chocolate, Bouillon Cubes**

Snacks



- ☐ An important part of your food supply. We recommend bringing a good variety of snacks.
- ☐ **Popular Items:** Beef Jerky, Biltong, Instant Noodles, Dried Fruit, Potato Chips, Parmesan Cheese, Instant Oatmeal. Many of these are available at www.expeditionfoods.com.

23. ELECTROLYTES x 7 days worth



- ☐ Maintaining your body's electrolyte balance is critical for a safe race. It is strongly recommended to bring a mixture of electrolyte tablets AND electrolyte drink powders. You must bring a minimum of:
- ☐ Enough powder to make a minimum of 30 liters of drink OR
- ☐ Enough salt tablets / Endurolytes for 30 hours on the course (usually minimum is 1.5 tablets per hour = 45 tablets) OR
- ☐ A combination of both, e.g., powder for 15 liters of water and tablets for 30 hours on the course .
- ☐ If you expect to spend more than 30 hours on the course, then you should increase this accordingly. It is vital that you test your electrolyte plan during your training and follow the amounts recommended on the packets.

Popular Brands: Nuun, Tailwind, DripDrop, Hammer Nutrition, SaltStick

Carry / Wear: Enough for one Stage **Camp Bag:** Remainder

24. TIGHTS / SHORTS x 2



- ☐ Two pairs of shorts / tights / pants are required.
- ☐ One pair must cover your full leg for warmth and sun protection.

Popular Brands: 2XU, Lululemon, CW-X, Salomon, X-Bionic

Carry / Wear: 1 **Camp Bag:** 1

25. SOCKS x 3



- ☐ 6-7 pairs are recommended to allow a fresh pair for each day but only 3 pairs are compulsory. Many competitors wear two layers.

Popular Brands: Drymax, Injinji, Balega, SmartWool, Thyo, ToeToe, CEP, WrightSock, TEKO, Hilly, Falke, etc.

Carry / Wear: 2 **Camp Bag:** 1

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26. MEDICATION



- ☐ **You must have an adequate supply of pain relief pills in your Race Bag. In your Camp Bag, bring** an adequate *7-day supply (at least 12 mild pain relief pills)* so that you are not dependent on medication from the race medical team.

  Important Note: You should seek advice from your doctor about any medication that you plan to take during the race, including any form of painkillers. If you take painkillers, Tylenol / Paracetamol / Acetaminophen are preferred over anti-inflammatory medications such as Ibuprofen / Nurofen / Advil / Motrin / Naprosyn and others. It is NOT advised to take anti-inflammatory medication on the course. Please read the expert article called Painkillers Used during Ultramarathons for more details.

Carry / Wear: Enough for one Stage **Camp Bag:** Remainder

27. BLISTER KIT x 1



- ☐ The following list is a minimum requirement. You may need more supplies based on your experience and prior history of foot blisters:
  - 10 x alcohol wipes
  - 2 x hypodermic needles or safety pins
  - 1 x roll of paper tape (e.g. Micropore)
  - 1 x roll of elastic tape (e.g. Elastikon)
  - 5 x Spenco 2nd Skin or Compeed pads

  Note 1: Lubricant such as Bodyglide or 2Toms BlisterShield Powder is also highly recommended. Foot powder is recommended for feet that sweat a lot.

  Note 2: You should try to anticipate the amount of supplies you will need for 7 days. If you do not bring enough supplies, you could be at risk of developing more severe blisters that could jeopardize your ability to finish the race.

Popular Brand:d: RacingThePlanet Blister Kit (includes all blister kit items PLUS practical instruction sheet). Created by the RacingThePlanet medical team.

Carry / Wear: 1 **Camp Bag:** 0

28. PATCHES





- ☐ You must wear RacingThePlanet and nationality patches on both sleeves of all tops (including jackets) throughout the event.
- ☐ Nationality patches need to be sourced by competitors.
- ☐ RacingThePlanet patches are provided by RacingThePlanet and sent to you in the post before the race.
- ☐ Patches can be silkscreened onto all tops instead of sewing patches – see the Patch Placement Instructions in the Competitor Area of the website for more details.

Popular Brands: Nationality Patches

- ☐ We can now assist you with Patch Stitching. By selecting this option, you can now get your RacingThePlanet and nationality flag patches stitched on your shirt(s) and/or jacket(s). When you purchase a shirt or jacket and nationality flag patches, also purchase the Patch Stitching service and we'll stitch the RacingThePlanet and nationality flag patches of your choice for you.

Carry / Wear: All tops **Camp Bag:** All Tops

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29. HEADLIGHT / TORCH x 2



- ☐ Competitors are required to carry *two* light sources.
- ☐ One must be a headlamp; the second can be a headlamp or handheld torch.
- ☐ Both lights must be strong enough to use when on the course at night on uneven terrain – we recommend 150 lumens or higher.

Popular Brands: Petzl, Black Diamond

Carry / Wear: 1 **Camp Bag:** 1

30. TOILET PAPER



- ☐ No tissues or paper will be provided for toilet use.
- ☐ It is recommended to also bring wet wipes (5-10 wipes per day are recommended).
- ☐ You must have an adequate supply of toilet tissue in your Race Bag. In your Camp Bag, bring an adequate 7-day supply.

Popular Brand: The Rough Country Lite Hand Towel

Carry / Wear: Some **Camp Bag:** Remainder

31. DUFFEL BAG – maximum 60L



- ☐ This is to carry your mandatory camp bag equipment and optional equipment from camp to camp. It must be durable, preferably waterproof, with no wheels or hard cases.
- ☐ The maximum size of this bag is 60L.

Popular Brands: Montane, Sea-to-Summit, Marmot, The North Face, Mountain Hardwear

Carry / Wear: 0 **Camp Bag:** 1

32. SLEEPING BAG (0°C / 32°F) x 1



- ☐ The minimum requirement combination of sleeping bag plus bag liner is *0°C/32°F comfort level.*
- ☐ See the optional equipment list below for details on Bag Liners which can add up to 6°C/10°F to the rating of your sleeping bag.

Popular Brands: Sea-to-Summit, Marmot, Western Mountaineering, Mountain Hardwear, NEMO

Carry / Wear: 0 **Camp Bag:** 1

33. WARM HAT x 1



- ☐ For warmth in the cold.
- ☐ A Buff does not fulfil this requirement.

Popular Brands: ***Montane, Marmot, Mountain Hardwear, Patagonia, SealSkinz, Icebreaker, Buff***

Carry / Wear: 0 **Camp Bag:** 1

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34. GLOVES x 1 pair



☐ For warmth in the cold. Full finger gloves are required. Thin but water-resistant gloves are recommended.

Popular Brands: Black Diamond, Salomon, Montane, Outdoor Research, Mountain Hardwear

Carry / Wear: 0 **Camp Bag:** 1

35. SPOON x 1



☐ Ideally bring more than one in case you lose one.

Popular Brands: Light My Fire, Sea-to-Summit, Expedition Foods Unbreakable Spoon

Carry / Wear: 0 **Camp Bag:** 1

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OPTIONAL EQUIPMENT

The items listed below are NOT mandatory but are items that we recommend you consider bringing.

36. SINGLE TENT x 1



- ☐ Competitors sleep at Camp each night. Most people sleep in communal tents with six other people. These tents are provided by RacingThePlanet and set up by our Camp team.
- ☐ If you would prefer to sleep in a single tent, you can bring your own tent which we will carry for you from Camp to Camp. You will need to set this up and take it down at each Camp.

Popular Brands: Marmot, NEMO, MSR, Big Agnes

37. SLEEPING PAD x 1



- ☐ Select a small size to save weight or a regular size for added comfort and warmth. Self-inflating pads are light but can be difficult to eliminate air for packing and can puncture. Tents provided in the event do not have any ground padding. Highly recommended for insulation against the cold ground at night.

Popular Brands: Therm-a-Rest, Sea-to-Summit, NEMO, Exped

38. TREKKING POLES



- ☐ Useful if you intend to walk the majority of the course. You must train with poles if you plan to use them.

Popular Brands: Black Diamond, Leki, Raidlight

39. BUFF



- ☐ A Buff is ideal as it can be used for multiple purposes - scarf, headgear, sweatband, etc. Highly recommended.

Popular Brand: Buff

40. EATING BOWL / CUP x 1



- ☐ Useful for eating and drinking.

Popular Brand: Sea-to-Summit

41. CAMP SHOES x 1



- ☐ Flip flops, slippers or similar are recommended for walking around camp and post-race comfort – choose the lightest model you can find.

Popular Brands: Keen, Sole, Crocs

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42. SPORTS BRA



☐ For women's comfort.

Popular Brands: CW-X, Lululemon, Patagonia, Brooks

43. WATERPROOF / ZIP-LOCK / COMPRESSION BAGS x 10



☐ Pack your food and small items in zip-lock bags. For valuable items (e.g., cameras & passports), you may consider waterproof / sandproof bags.

Popular Brands: Aloksak, Outdoor Research, Sea-to-Summit, RacingThePlanet TPU Pouch

44. TOWEL



☐ For cleaning up at camp.

Popular Brands: The Rough Country Lite Towels, Sea-to-Summit Pocket Towel, Sea-to-Summit Travel Drylite Towel

45. TOOTHBRUSH & TOOTHPASTE



☐ A small-sized travel toothbrush is recommended.

Popular Brand: Toob Brush

46. WATCH / GPS x 1



☐ A watch alarm and timer can be useful. Speed and distance monitor (pedometer), barometer and heart rate monitors can also provide interesting feedback.

NOTE 1: There are no charging facilities at Camp; you will need to find a way for the battery to last a week either by carrying a portable charger or changing the settings. NOTE 2 : The course is marked every 25 meters and GPS coordinates are not provided. A GPS is most useful for tracking distance.

Popular Brands: Garmin, Coros, Polar, Suunto, Apple

47. CAMERA x 1



☐ You may choose to bring a camera to record the amazing scenery and your experience.

☐ If your camera is not waterproof, keep it in double zip lock bags. Note: You will not have access to charging facilities at Camp.

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48. PHONE



- ☐ Phones are not allowed to be used during the race. They can be carried in case of an emergency, but note that there is no phone reception on large parts of the course.
- ☐ You can carry your phone for emergency use and for taking photos and videos or listening to music.
- ☐ Keep it in a waterproof / sand-proof bag. Note: You will not have access to charging facilities at Camp.

49. EXTERNAL CHARGER / SOLAR PANELS



- ☐ A way to charge your powered devices. Solar panel chargers must not cover your race bib which is fixed to your backpack.

Popular Brands: Powertraveller, Yolk Station

50. SLEEPING BAG LINER



- ☐ Sleeping bag liners are a great way to add additional warmth to lightweight sleeping bags. Most bag liners add approximately 6°C/10°F. This can be used towards your sleeping bag rating.

Popular Brand: Sea-to-Summit

51. CHEST / HIP PACKS



- ☐ Chest and hip packs can increase capacity without additional load on your back.

Popular Brands: Inov-8, OMM, RaidLight, Montane, UltrAspire, Ultimate Direction

52. COMPRESSION SOCKS



- ☐ Socks to help with your recovery process at the end of each day.

Popular Brands: 2XU, Compressport, CW-X, CEP

53. INSECT REPELLENT



- ☐ You may come across flies and mosquitoes.

Popular Brand: Sawyer

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DISCOUNTS

Some items are available at the RacingThePlanet Store.

UltraLite competitors are entitled to a 15% discount at our partner company, Expedition Foods, and 10% at RacingThePlanet Store. However, due to ongoing trade disputes, we are no longer able to ship to the US from the RacingThePlanet Store.

- 15% discount at Expedition Foods in the UK or Expedition Foods in the European Union for meals and other items. Use the code "**racingtheplanet15**".
- 10% discount at RacingThePlanet Store. Use the code "**racingtheplanet10**".

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