NAMIB RACE (NAMIBIA) 2028

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

MANDATORY EQUIPMENT

1. BACKPACK / RUCKSACK x 1



- ☐ **Capable of carrying all the Mandatory and Optional Equipment.**
- ☐ **There is no minimum or maximum size requirement, but a 25-32L backpack is optimal.**
- ☐ **There is no one backpack model that works for everyone.**

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

2. WATERPROOF BAG (35L) x 1



- ☐ **The waterproof bag must be a *minimum of 35 liters* in size.**
- ☐ **This is to be used as an inner liner to your backpack as it is vital to keep the contents of your backpack (in particular, your sleeping bag and camp clothes) dry in the case of rain, water crossings and sweat.**
- ☐ **Using a combination of smaller bags does not fulfil this requirement.**

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

3. HYDRATION SYSTEM (2.5L total capacity)



- ☐ **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: are most popular as they allow for most flexibility. The most common set up 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 downsides 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.

• Softbottle: Platypus or Salomon, at least 1 liter in capacity for the extra 1 liter capacity.

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

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4. SLEEPING BAG (0°C/32°F) x 1



- ☐ **The minimum requirement combination of sleeping bag plus bag liner is *0°C/32°F*.**
- ☐ **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

5. RUNNING SHOES x 1 pair



- ☐ **Competitors should wear trail or running shoes. 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 One One, Inov-8, Salomon, Brooks, Asics, Altra, La Sportiva.

6. SOCKS x 3 pairs



- ☐ **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.

7. 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

8. RUNNING SHIRT x 1



- ☐ **One shirt is required, but we recommend two shirts, including one that is long-sleeved for sun protection and / or warmth in cold temperatures. Quick dry materials in light colors are recommended.**

Popular Brands: Montane, Marmot, Salomon, X-Bionic, Patagonia, Outdoor Research, Mountain Hardwear, Ronhill

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

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9. WARM LONG-SLEEVE TOP x 1



- ☐ **This must be a warm top (preferably fleece or down jacket).**
- ☐ **Temperatures in the desert 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.

10. 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.

11. RAIN PONCHO (See through in colour) 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

12. CAP WITH NECK COVER x 1



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

Popular Brands: RaidLight, Sunday Afternoons

13. WARM HAT x 1



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

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

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14. 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

15. SUNGLASSES x 1



- ☐ **Any pair of UV protection sunglasses.**
- ☐ **Only 1 pair is mandatory, but it is recommended to take 2 pairs as they are easy to break or lose.**

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

16. HEADLAMP & BACK-UP LIGHT 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

17. 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

18. 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

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19. 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

20. 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

21. SURVIVAL 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

22. 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, Whistle, Compass and Thermometer

23. 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

24. LIP SUNSCREEN x 1



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

Popular Brand: Dermatone, Carmex, Chapstick

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25. MEDICATION x 1



☐ **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 / Neurofen / 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.

26. 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 (i.e. Micropore)
- 1 x roll of elastic tape (i.e. 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: RacingThePlanet Blister Kit (includes all blister kit items PLUS practical instruction sheet). Created by the RacingThePlanet medical team.

27. 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 Brands: Smith & Nephew

28. 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 Brands: Safety Pins

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29. ALCOHOL GEL (60 ml / 2 fl oz)



- ☐ **A minimum of *60 ml / 2 fl oz* is required, but 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 Brands: Purell

30. TOILET TISSUE / WET WIPES



- ☐ **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).**

Popular Brands: The Rough Country Lite Hand Towel

31. NATIONALITY PATCHES (all tops)



- ☐ **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 the competitors.
RacingThePlanet patches are provided by RacingThePlanet and sent to you 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: The Rough Country 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.

32. RACINGTHEPLANET PATCHES (all tops)

- ☐ **We will send you these patches in the post before the event. You do not need to purchase these.**

The RacingThePlanet logo can be silkscreened onto all tops instead of using patches – see the Patch Placement Instructions in the Competitor Area of the website.

See also above for Patch Stitching Service.

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33. ELECTROLYTES / SALT TABLETS (7-Day Supply)



☐ **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 15 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

34. SEVEN-DAY FOOD SUPPLY

☐ **The race is self-supported which means 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.**

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. This company is based in the UK but they ship around the world including the US.

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.

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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

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 recommended bringing a good variety of snacks.**

Popular Brands: Beef Jerky, Biltong, Instant Noodles, Dried Fruit, Potato Chips, Parmesan Cheese, Instant Oatmeal. Many of these are available at www.expeditionfoods.com.

35. EATING UTENSIL x 1



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

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

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

OPTIONAL EQUIPMENT

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

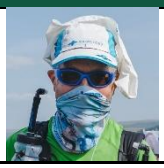
38. GAITERS x 1



- ☐ **This is a personal choice - some wear gaiters, others do not. Ankle gaiters keep debris out of your shoes. Highly recommended for sand and grit.**

Popular Brands: RacingThePlanet Trail Running Gaiters, The Rough Country Trail Running Gaiters, Salomon, Raidlight

39. BUFF x 1



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

Popular Brands: Buff

40. TREKKING POLES x 1



- ☐ **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

41. EATING BOWL / CUP x 1



- ☐ **Useful for eating and drinking.**

Popular Brand: Sea to Summit

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OPTIONAL EQUIPMENT

42. 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

43. SPORTS BRA x 3



☐ **Women's comfort**

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

44. WATERPROOF / SAND-PROOF BAGS, ZIP-LOCK BAGS x 10



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

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

45. TOWEL x 1



☐ **For cleaning up at camp**

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

46. TOOTHBRUSH & TOOTHPASTE x 1



☐ **A small-sized travel toothbrush is recommended.**

Popular Brand: Toob Brush

47. 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

48. CAMERA x 1



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

☐ **Note there is also the option to purchase a Personal Photo Package.**

☐ **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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49. PHONE x 1



- ☐ **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 bags. Note: You will not have access to charging facilities at Camp.**

50. CHARGER x 1



- ☐ **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

51. SLEEPING BAG LINER x 1



- ☐ **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 Brands: Sea-To-Summit

52. CHEST / HIP PACKS x 1



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

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

53. COMPRESSION SOCKS x 1



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

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

54. INSECT REPELLENT x 1



- ☐ **You may come across flies and mosquitos.**

Popular Brand: Sawyer

55. SAND GOGGLES x 1



- ☐ **The course is very sandy with the possibility of windy conditions, the use of sand goggles can help tremendously with visibility.**

Popular Brands: Oakley, Julbo, Goodr

Some Items are available at the RacingThePlanet Store and Expedition Foods.
Namib Race competitors get a discount at both stores. Email info@racingtheplanet.com for the discount code.
Note that we are not able to ship to all countries.

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