NAMIBIA

EQUIPMENT LIST EXPLANATION

There is a list of 35 equipment items which competitors for RacingThePlanet UltraLite (Namibia) 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 list is on page 2. The further pages include more details about each item, including recommended makes / models.

RacingThePlanet UltraLite (Namibia) Competitors can choose to 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 (Namibia) 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 duffle 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 y**ou will be required to carry a minimum amount of Food & 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 (Namibia).

© Copyright RacingThePlanet Limited. All rights reserved

racing theplanet® ULTRALITE

NAMIBIA

EQUIPMENT LIST SUMMARY

CARRY / WEAR

No.	ITEM	Total Quantity	Carry / Wear	Camp Bag
1.	Backpack – 10 L min	1	1	
2.	Waterproof Bag – 10 L	1	1	
3.	Hydration System	2.5 Liters	1	
4.	Running Shoes	1	1	
5.	Running Top	1	1	
6.	Warm Top	1	1	
7.	Waterproof Jacket	1	1	
8.	Rain Poncho	1	1	
9.	Cap with neck cover	1	1	
10.	Sunglasses	1	1	
11.	Sunscreen	60ml / 2 fl oz	60ml /2 fl oz	
12.	Lip Sunscreen	1 tube	1 tube	
13.	Alcohol Gel	60ml	60ml	
14.	Bivvy Bag	1	1	
15.	Knife / multi-tool	1	1	
16.	Red Flashing Light	1	1	
17.	Whistle	1	1	
18.	Mirror	1	1	
19.	Compass	1	1	
20.	Compression Bandage	1	1	
21.	Safety Pins	10	10	

SPLIT

No.	ITEM	Quantity	Carry / Wear	Camp Bag
22.	Food	14,000 calories	500 calories	
23.	Electrolytes	7 days worth	Enough	
24.	Tights / Shorts	2	1	1
25.	Socks	3	2	1
26.	Medication	Some	Some	Some
27.	Blister Kit	1	1	
28.	Patches	All tops	All tops	All tops
29.	Headlight	1	1	1
30.	Toilet paper	Some	Some	Some

CAMP BAG

No.	ITEM	Quantity	Carry / Wear	Camp Bag
31.	Duffel Bag – max 60L	1		1
32.	Sleeping Bag – rated to 0C / 32F	1		1
33.	Warm Hat	1		1
34.	Gloves	1		1
35.	Spoon	1		1

© Copyright RacingThePlanet Limited. All rights reserved

racing theplanet® ULTRALITE

NAMIBIA

MANDATORY EQUIPMENT

1. BACKPACK x 1		Carry / Wear	Camp Bag
	☐ **Capable of carrying all the Equipment that is Mandatory to 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	**1**	**0**

2. WATERPROOF BAG (10L) x 1		Carry / Wear	Camp Bag
	☐ **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	**1**	**0**

3. HYDRATION SYSTEM x 2.5L / 85 fl oz		Carry / Wear	Camp Bag
	☐ **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	**2.5 Liter Capacity**	**0**

© Copyright RacingThePlanet Limited. All rights reserved

NAMIBIA

MANDATORY EQUIPMENT

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

4. RUNNING / HIKING SHOES		**Carry / Wear**	**Camp Bag**
	☐ **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 One One, Inov-8, Salomon, Brooks, Asics, Altra, Topo Athletic, La Sportiva.	**1**	**0**

5. RUNNING TOP x 1		**Carry / Wear**	**Camp Bag**
	☐ **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 .	**1**	**0**

© Copyright RacingThePlanet Limited. All rights reserved

racing the planet® ULTRALITE

NAMIBIA

MANDATORY EQUIPMENT

6. WARM TOP x 1		Carry / Wear	Camp Bag
	☐ **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.	**1**	**0**

7. WATERPROOF JACKET x 1		Carry / Wear	Camp Bag
	☐ **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.	**1**	**0**

8. RAIN PONCHO (see through) x 1		Carry / Wear	Camp Bag
	☐ **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	**1**	**0**

9. CAP WITH NECK COVER		Carry / Wear	Camp Bag
	☐ **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	**1**	**0**

© Copyright RacingThePlanet Limited. All rights reserved

racing thePlanet® ULTRALITE

NAMIBIA

MANDATORY EQUIPMENT

10. SUNGLASSES		Carry / Wear	Camp Bag
	☐ **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.	**1**	**0**

11. SUNSCREEN (60ml / 2fl oz) x 1		Carry / Wear	Camp Bag
	☐ **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	**60 ml / 2 fl oz**	**0**

12. LIP SUNSCREEN x 1		Carry / Wear	Camp Bag
	☐ **To protect lips from the sun.** ☐ **This must be in addition to the sunscreen.** **Popular Brands:** Dermatone, Carmex, Chapstick	**1**	**0**

13. ALCOHOL GEL (60ml / 2 fl oz) x 1		Carry / Wear	Camp Bag
	☐ **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	**60ml / 2 fl oz**	**0**

14. BIVVY BAG x 1		Carry / Wear	Camp Bag
	☐ **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	**1**	**0**

© Copyright RacingThePlanet Limited. All rights reserved

racing thePlanet® ULTRALITE

NAMIBIA

MANDATORY EQUIPMENT

15. KNIFE / MULTI-TOOL x 1		Carry / Wear	Camp Bag
	☐ **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	**1**	**0**

16. RED FLASHING LIGHT x 1		Carry / Wear	Camp Bag
	☐ **The red flashing light is required <u>in addition</u> 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	**1**	**0**

17. WHISTLE x 1		Carry / Wear	Camp Bag
	☐ **To attract attention in case of an emergency.** <u>NOTE</u> 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	**1**	**0**

18. MIRROR x 1		Carry / Wear	Camp Bag
	☐ **To attract attention in case of emergency. Reflect the sun off the mirror to draw attention to your location.** **Popular Brand:** Coghlan's	**1**	**0**

© Copyright RacingThePlanet Limited. All rights reserved

racing theplanet® ULTRALITE

NAMIBIA

MANDATORY EQUIPMENT

19. COMPASS x 1		Carry / Wear	Camp Bag
	☐ **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	**1**	**0**

20. COMPRESSION BANDAGE x 1		Carry / Wear	Camp Bag
	☐ **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	**1**	**0**

21. SAFETY PINS x 10		Carry / Wear	Camp Bag
	☐ **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	**10**	**0**

22. FOOD x 14,000 calories		Carry / Wear	Camp Bag
	☐ **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 foods**	**500 calories minimum**	**Rest of food**

© Copyright RacingThePlanet Limited. All rights reserved

NAMIBIA

MANDATORY EQUIPMENT

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

© Copyright RacingThePlanet Limited. All rights reserved

NAMIBIA

MANDATORY EQUIPMENT

23. ELECTROLYTES x 7 days worth		Carry / Wear	Camp Bag
	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	**Enough for one Stage**	**Remainder**

24. TIGHTS / SHORTS x 2		Carry / Wear	Camp Bag
	☐ **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	**1**	**1**

25. SOCKS x 3		Carry / Wear	Camp Bag
	☐ **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.	**2**	**1**

© Copyright RacingThePlanet Limited. All rights reserved

NAMIBIA

MANDATORY EQUIPMENT

26. MEDICATION		Carry / Wear	Camp Bag
	☐ **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 / 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.	**Enough for one Stage**	**Remainder**

27. BLISTER KIT x1		Carry / Wear	Camp Bag
	☐ **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.	**1**	**0**

© Copyright RacingThePlanet Limited. All rights reserved

NAMIBIA

MANDATORY EQUIPMENT

28. PATCHES		Carry / Wear	Camp Bag
 	☐ **You must wear RacingThePlanet and nationality patches on <u>both sleeves of all tops</u> (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:** 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.	**All tops**	**All Tops**

29. HEADLIGHT / TORCH x 2		Carry / Wear	Camp Bag
	☐ **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	**1**	**1**

© Copyright RacingThePlanet Limited. All rights reserved

NAMIBIA

MANDATORY EQUIPMENT

30. TOILET PAPER		Carry / Wear	Camp Bag
	☐ **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	**Some**	**Remainder**

31. DUFFEL BAG – maximum 60L		Carry / Wear	Camp Bag
	☐ **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	**0**	**1**

32. SLEEPING BAG (0C / 32 F) x 1		Carry / Wear	Camp Bag
	☐ **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	**0**	**1**

33. WARM HAT x 1		Carry / Wear	Camp Bag
	☐ **For warmth in the cold.** ☐ **A Buff does not fulfil this requirement.** **Popular Brands:** ***Montane, Marmot, Mountain Hardwear, Patagonia, SealSkinz, Icebreaker, Buff***	**0**	**1**

© Copyright RacingThePlanet Limited. All rights reserved

NAMIBIA

MANDATORY EQUIPMENT

34. GLOVES x 1 pair		Carry / Wear	Camp Bag
	☐ **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	**0**	**1**

35. SPOON x 1		Carry / Wear	Camp Bag
	☐ **Ideally bring more than one in case you lose one.** **Popular Brands:** Light My Fire, Sea-to-Summit, Expedition Foods Unbreakable Spoon	**0**	**1**

© Copyright RacingThePlanet Limited. All rights reserved

NAMIBIA

OPTIONAL EQUIPMENT

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

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

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

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

BUFF



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

Popular Brand: Buff

EATING BOWL / CUP x 1



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

Popular Brand: Sea to Summit

© Copyright RacingThePlanet Limited. All rights reserved

racing the planet® ULTRALITE

NAMIBIA

OPTIONAL EQUIPMENT

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

SPORTS BRA



☐ **Women's comfort**

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

WATERPROOF / ZIP LOK / COMPRESSION 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

TOWEL



☐ **For cleaning up at camp**

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

TOOTHBRUSH & TOOTHPASTE



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

Popular Brand: Toob Brush

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

© Copyright RacingThePlanet Limited. All rights reserved

NAMIBIA

OPTIONAL EQUIPMENT

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.

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

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

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

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

COMPRESSION SOCKS



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

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

INSECT REPELLENT



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

Popular Brand: Sawyer

© Copyright RacingThePlanet Limited. All rights reserved

NAMIBIA

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**".

© Copyright RacingThePlanet Limited. All rights reserved