

V3 & 3V Ultra: ASSISTED

Equipment List: To be carried by each participant

Subject to slight changes

REQUIRED EQUIPMENT TO BE CARRIED DURING EACH OF THE STAGES

1. Pack, capable of carrying all required and optional day equipment. This can be a hydration pack, waist pack, or a combination.
2. Headlamps (2) with fresh batteries
3. Red flashing light to be worn on the back of your pack during night portions of the race
4. Knife/ Multi-tool
5. Emergency whistle
6. Mirror, to attract attention in case of emergency
7. Survival bivvy bag or blanket
8. Compass, for emergency
9. Medication, single stage supply (carry twice what you think you need each stage)
10. Blister kit: single stage supply (carry twice what you think you need each stage)
11. Safety pins, 10
12. Alcohol gel, 30 ml/ 1 fl oz
13. Toilet paper, single stage supply (carry twice what you think you need each stage)
14. Hydration system, capable of carrying 2.5L or 96 ounces. This can be a combination of systems; recommended 2 bottles for easy access and an additional bladder.
15. Electrolyte tablets/ powder, single stage supply (carry twice what you think you need each stage)
16. Food supply, single stage supply (carry twice what you think you need each stage)

REQUIRED EQUIPMENT FOR THE EVENT (This "main pack" will be transported from camp to camp by race management and will be available at the finish line of each stage. This main pack must be contained in 1 bag (backpack, duffle bag, suitcase, etc) and is limited to a total maximum weight of 30 pounds. FOR PERSONAL USE AND NOT TO BE SHARED WITH SELF SUPPORTED ATHLETES.)

17. Backpack or similar, capable of carrying all required and optional equipment in your "main pack" to be transported by management from camp to camp.
18. Sleeping bag, rated to 5 degrees C / 41 degree F
19. Eating utensil, spork recommended'
20. Sunscreen, 30 ml/ 1 fl oz; minimum 30 SPF
21. Lip Balm with sunscreen
22. Toilet paper, 4 (3V) or 7 (V3) day supply
23. Blister kit: **Minimum** of 15 alcohol wipes; 1 safety pin or needle; 1 roll elastic tape; 1 roll paper tape (micropore); 10 blister pads/ bandaids- various sizes

- recommended. **Note:** It is *highly* recommended you bring far more than this, regardless if you have history with blisters or not.
24. Electrolyte tablets/ powder, 3 day (3V) or 6 day (V3) supply; minimum 25/ 45 tablets respectively or powder equivalent
 25. Food supply, 3 days (3V) or 6 days (V3); minimum 2000 calories a day; i.e. 6,000 or 12,000 calories respectively.
 26. Meal for night before Stage 1 at camp; NOT included in caloric totals in #25
 27. Medication, minimum 12 mild pain relief tablets
 28. Running shoes
 29. Socks, 2 pairs minimum
 30. Shorts/ tights; minimum 1 shorts, 1 long pants
 31. Shirts, minimum 1 short/ sleeveless; 1 long sleeves
 32. Light weight wind breaker, 1

HIGHLY RECOMMENDED, BUT NOT REQUIRED EQUIPMENT

33. Sunglasses with UV protection
34. Sleeping pad
35. Gaiters, for fine sand
36. Sports bra, women's comfort
37. Bandana/ buff
38. Waterproof/ Sand-proof bags, zip-lock bags, or compression sac
39. Flip flops, for around camp
40. Towel
41. Toothbrush and toothpaste
42. Watch or timing device, GPS permitted
43. Soap
44. Anti-chaff powder or cream
45. Wet wipes

OPTIONAL EQUIPMENT

46. Compression bandage
47. Hat/Visor, with or without neck cover
48. Trekking poles
49. Eating tin/ cup
50. Camera
51. iPod & Headphones
52. Portable charge
53. Ear plugs/ sleep mask
54. Mobile phone, charged only with your own portable charger.