

V3 & 3V Ultra: SELF SUPPORTED

Equipment List: To be carried by each participant

Subject to slight changes

REQUIRED EQUIPMENT

1. Backpack, capable of carrying all required and option equipment. Recommended 23-30L.
2. Sleeping bag, rated to 5 degrees C / 41 degree F
3. Headlamps (2) with fresh batteries
4. Red flashing light to be worn on the back of your pack during night portions of the race
5. Knife/ Multi-tool
6. Emergency whistle
7. Mirror, to attract attention in case of emergency
8. Survival bivvy bag or blanket
9. Compass, for emergency
10. Eating utensil, spork recommended'
11. Sunscreen, 30 ml/ 1 fl oz; minimum 30 SPF
12. Lip Balm with sunscreen
13. Medication, minimum 12 mild pain relief tablets
14. 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.
15. Safety pins, 10
16. Alcohol gel, 30 ml/ 1 fl oz
17. Toilet paper, 4 (3V) or 7 (V3) day supply
18. Running shoes
19. Socks, 2 pairs minimum
20. Shorts/ tights; minimum 1 shorts, 1 long pants
21. Shirts, minimum 1 short/ sleeveless; 1 long sleeves
22. Light weight wind breaker, 1
23. 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.
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 to caloric totals in #25

HIGHLY RECOMMENDED, BUT NOT REQUIRED EQUIPMENT

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

OPTIONAL EQUIPMENT

40. Compression bandage
41. Hat/Visor, with or without neck cover
42. Trekking poles
43. Eating tin/ cup
44. Camera
45. iPod & Headphones
46. Portable charge
47. Ear plugs/ sleep mask
48. Mobile phone, charged only with your own portable charger.