



MANDATORY EQUIPMENT

- Race course book (to be provided by Race Organizers at check-in)
- Backpack (self-supported only)
- Duffle bag and running day pack (supported only)
- Sleeping bag: Temperature rating of Zero Celsius (32 Fahrenheit) or lower. Extreme temperature rating acceptable but a comfort rating is highly recommended. ***Note: Manufacturer's label or specification printout must be provided at check-in to verify this requirement is met.***
- Sleeping pad (torso length minimum)
- Light down or fiberfill jacket. No substitutions (wool shirts, fleece, etc.) acceptable.
- Rain poncho or waterproof jacket with hood and taped seams
- Compass
- Knife with 3-5 cm (1.1-2.0 in) blade
- Signal mirror 20 cm² (3 in²) minimum
- Whistle
- Foil emergency/Space blanket
- Two headlamps with spare batteries, each headlamp must be a minimum of 200 lumens. If headlamps use different battery types, then a spare set for each headlamp is required. If both headlamps use the same battery type then only one set is required. Note: A power bank is acceptable to meet the extra battery requirement.
- Red flashing light (to be affixed to your person for night stage, a spare battery for this is also recommended)
- Ability to carry 1.5 liters (50 oz) of water minimum. Recommend 2 x 750ml bottles but bladders are acceptable. Please refer to Water section under Rules and Regulations for more details of water supply)
- G2G race patches – for your right shirt sleeve, to be provided by the Organizers. Please refer to Race Bib and Patches Placement and Identifying Marks Reserved by the Organizers under Rules and Regulations.
- Country flag patch (rectangular, size approximately. 2" H x 3.5" W (5.6cm H x 8.7cm W)) for your left shirt sleeve, to be provided by the participant, to be worn every day during the race
- Blister Kit sufficient for your needs for the entire event- (alcohol wipes, hypodermic needle(s), paper tape, elastic tape e.g. Elastikon, Leukotape, Rocktape)
- A minimum of 2,000 calories for each remaining stage of the race (4,000 calories for Stage 3) upon completion of the previous stage for a total of 14,000 calories at the start of self-sufficiency on Day 1. Racers who do not meet the minimum requirements at the beginning of Stage 1 will not be allowed to start. Failure to meet the minimum requirements at any time during the event will result in penalties as outlined.



- Backpack weight (self-supported) cannot exceed 12kg (26lbs) excluding water but including the weight of backpack, all gear and food.
- Duffle bag weight (supported) cannot exceed 12kg (26lbs) but excludes the weight of water and the duffle bag but includes the weight of the running day pack, all gear and food.

Tip – *Weight will be a crucial factor and we recommend that you select the lightest possible gear and equipment when making your choices.*

Spot checks for mandatory equipment may be conducted during the race and after each stage.

IMPORTANT: Any and all gear, food items, clothing and packaging **MUST** be identified with the racers' bib number. Participants will not pass check-in without completing this requirement.

Each racer will have their entire food supply weighed during check in. Race leaders can expect to have their food supplies weighed at the end of each stage. Race officials reserve the right to perform random inspections of any racer at any time.

Minimum Calorie Count and Weights			
	Minimum Calories	Minimum required weight	
		kilograms	pounds
Start	14,000	3.5	7.7
End of Stage 1	12,000	3.0	6.6
End of Stage 2	10,000	2.5	5.5
End of Stage 3	6,000	1.5	3.3
End of Stage 4	4,000	1.0	2.2
End of Stage 5	2,000	0.5	1.1
Finish	0	0	0
The above weights are based upon a generous 4 kcals/gram (114 kcals/oz) average which is above the 3.5 kcals/gram (100 kcals/oz) that is typical for stage racing. It is strongly urged that racers base their nutritional requirements on calories and not the minimum weights above.			

EQUIPMENT NOTES FOR SUPPORTED RUNNERS

Supported runners are required to provide all mandatory equipment as above (including required calories).



DUFFLE BAG

Supported runners will be allowed one duffle bag which will be moved from camp to camp by race staff.

- No larger than 64cm x 36cm x 36cm (25in x 14in x 14in)
- Duffle bag weight cannot exceed 12kg or 26lb (excluding water and duffle bag itself)
- Duffle bag weight includes all food, mandatory gear and running day pack.
- Preferably waterproof construction
- No gear or equipment may be strapped to the exterior of the duffle bag.

Supported runners must carry all the above mandatory equipment when on course with the following modifications and exceptions:

- Running day pack - Required
- Sleeping bag – Not Required*
- Sleeping pad – Not Required*
- Light down or fiber filled jacket – Not Required (except for Stage 3)*
- A minimum of 800 kcals for each of Stages 1, 2, 4 and 5
- A minimum of 2000 kcals for Stage 3
- No minimum calorie requirements for Stage 6
- Optional equipment is at the discretion of the runner (long sleeve shirt, pants, gloves, etc.)

* **Note:** During the Long Stage (Stage 3), Supported runners should bring their jackets with them on that stage. Supported runners who plan on sleeping out during the Long Stage should also bring their sleeping bag and sleeping pad with them on that stage.

** The Race Organizers reserve the right to change the mandatory equipment depending on the conditions during the race.

TO BE PROVIDED BY THE ORGANIZERS:

- Race Course Book
- Four (4) Race Patches - size: 2.2in H x 3.4in W (5.6cm H x 8.7cm W)

RECOMMENDED ITEMS (not mandatory):

- Dry bag for sleeping bag/jacket
- Gaiters
- Cap (sahara hat with neck flap, if you prefer)
- Foot powder
- Hand sanitizer
- Sunscreen
- Electrolytes
- Lip balm with sunscreen
- Toilet paper
- Wet wipes



- Buff
- Sunglasses
- Spork (spoon/fork)
- Folding bowl
- Mug
- Small amount of duct tape
- Ear plugs
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If you have any questions regarding equipment please join us on our [Grand to Grand Ultra Group](#) on Facebook where there is an active forum among entrants providing great tips and advice. Please remember to Like our [Grand to Grand Ultra](#) Page!