

ULTRA RUNNERS CHECKLIST

1

HOW MANY CHECKPOINTS ARE THERE? HOW MANY MILES ARE BETWEEN CHECKPOINTS?

This will determine how much food, fuel and water you need to take with you and the size of your backpack/fluid reservoir.

2

IS THE ROUTE MARKED OR DO I NEED TO NAVIGATE?

Will you need to take a map/compass and/or GPS navigation tool? Is there a way to download/plot the route?

3

WHAT IS THE DISTANCE AND HOW LONG DO I EXPECT IT TO TAKE ME?

If it's a very long ultra or you expect to be running a long time, you'll need to give more thought to your fuel, clothing and kit choices.

4

IS THERE A 'DROP BAG' AVAILABLE?

If there is, you can plan a change of clothes, shoes or to re-stock on essential items. Make sure you know where it is and how to access it.

5

WHAT'S THE TIME OF YEAR/WEATHER?

This will dictate your choice of clothing, layers and extra kit to carry with you. In winter you'll need extra warm layers, waterproofs, hat, gloves. In summer you'll need sunscreen, hat and sunglasses.

6

WHAT IS CONDITION OF THE ROUTE?

If it's very wet and muddy you might want to consider a change of socks in your bag. The risk of blisters will be higher too, so prepare for that.

7

DOES THE RACE HAVE A 'COMPULSORY KIT LIST'?

Some events have a list of items that EVERY runner is expected to take. This might include waterproofs, a foil blanket, first aid kit, map, mobile phone.

8

DO I HAVE ANY REGULAR MEDICATIONS OR EMERGENCY MEDICATIONS THAT I MIGHT NEED?

Make sure you take any regular or emergency medications (inhalers or epipens etc) with you and any other additional pain killers or antihistamine pills that you might need.

9

WHAT TIME DOES THE EVENT START? WILL IT GO THROUGH THE NIGHT?

If you're running at nighttime, make sure you take a headtorch and spare batteries