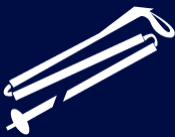


BASIC KIT					
		100 Miles	100K	50K	20K
	ID – passport/ID card				
	Smartphone with LiveTrail application installed and activated with international roaming allowing for its use in the three countries. The runner must be reachable at any time before, during and after the race: Keep the phone on, airplane mode is forbidden and could give rise to penalties. An external battery is highly recommended. Kullamannen by UTMB emergency number +46-709-66 60 97 stored on the phone.				
	Personal beaker 15 cl minimum (note : no cup will be offered in the aid stations)				
	Survival blanket of 1.40m x 2m minimum				
	Whistle				
	Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm)				
	Sealed, resealable container(s) capable of carrying water, designed for hydration (plastic bags are prohibited).				
	Running pack (or other carrying equipment suitable for attaching a timing chip) intended to carry the mandatory equipment and which must be worn throughout the race.				
	Jacket with hood for bad weather. The jacket must be made of a waterproof* and breathable** membrane (e.g.. Outdry)The jacket must have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. The seams must be sealed. The jacket must not have sections of fabric which are not waterproof. Air vents fitted by the manufacturer (under-arm, in the back) are accepted. The runner must judge whether, according to the aforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather. However, during a check, the race director’s opinion on the matter shall prevail.	 (Recommended : 1,5L)	 (Recommended : 1,5L)	 (Recommended : 1,5L)	
	Food reserve. Recommendation : 800kcal (2 gels + 2 power bars each of 65 grams)			 RECOMMENDED	
	Headlamp Two working headlamps with spare cells/batteries for each headlamp for 100M and 100K. Recommendation of 200 lumens or more for the main torch light. 1 headlamp for 50 and 20k. Read more about alternatives inRace Guide. Two fully working headtorches or chest lamps with adjustable power, with a backup power supply system for each. Recommended output: 200 lumens Phones and watches are not accepted as a light source. Case no. 1 – Lamps using batteries or removable battery packs: Plan one set of spare batteries or spare battery packs for each of the two lamps. Case no. 2 – Rechargeable lamps (no removable batteries): A portable external battery (power bank) is tolerated provided that: one of the two lamps is always usable (in particular while the other is charging); the power bank has a minimum capacity of 5000 mAh and is fully charged at the race start.				
	Reusable bowl In order to reduce plastic waste, no disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. We invite you to Bring Your Own Utensils (BYOU) if you wish to eat hot meals at the aid stations.				
	Cutlery (spoon, fork, knife) and folding bowl for eating at the designated food stations.				
	At least 20€ cash (just in case...)	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	
	Poles	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	