



UTMR Obligatory Equipment 2022 Stage Race checklist

Name: _____ Race bib number: _____

<input checked="" type="checkbox"/>	ID	Item description
<input type="checkbox"/>	1	Mobile phone <i>Required</i>
		1 x fully functional head torch(es) with replacement batteries <i>Required</i>
<input type="checkbox"/>	2a	Light #1 (200 lumens)
<input type="checkbox"/>	2b	Spare batteries for light #1
<input type="checkbox"/>	3	Bottles or bladders with capacity to carry 1.0 litres <i>Required</i>
<input type="checkbox"/>	4	Emergency food rations in a sealed ziplock bag (400 calories) <i>Required</i>
<input type="checkbox"/>	5	Emergency bivvy bag <i>Required</i>
<input type="checkbox"/>	6	Whistle <i>Required</i>
<input type="checkbox"/>	7	Elastic self-adhesive bandage / strapping <i>Required</i>
<input type="checkbox"/>	8	Drinking cup <i>Required</i>
<input type="checkbox"/>	9	Waterproof jacket with hood & taped seams <i>Required</i>
<input type="checkbox"/>	10	Waterproof trousers with taped seams <i>Required</i>
<input type="checkbox"/>	11	Warm spare long-sleeved thermal top layer (additional to anything worn at start) <i>Required</i>
<input type="checkbox"/>	12	Long running trousers or trousers that cover over the knee <i>Required</i>
<input type="checkbox"/>	13	Warm hat (bandana is not sufficient) <i>Required</i>
<input type="checkbox"/>	14	Gloves <i>Required</i>
<input checked="" type="checkbox"/>	15	GPS Tracker (provided by the race organisation) <i>Required</i>
<input type="checkbox"/>	16	Identity papers <i>Required</i>
<input type="checkbox"/>	17	Microspikes <i>Required</i>
<input type="checkbox"/>	18	Face mask <i>Required</i>
<input type="checkbox"/>	19	Bowl and spork <i>Required</i>
<input type="checkbox"/>	+	Waterproof bag - drybag / ziplock plastic bag (to keep spare clothes dry) <i>Required</i>