

THE WALL ULTRAMARATHON

KIT CHECKLIST

Carlisle to Newcastle · 111km

unofficialwallultra.co.uk

Dark grey shading = MANDATORY · Must be carried; will be kit-checked at the start

Light grey shading = RECOMMENDED · Strongly advised but not mandatory

| MANDATORY AND RECOMMENDED KIT | | Carry from the start · mandatory items will be kit-checked | | | |
|--|--|--|--------------------------|--------------------------|--------------------------|
| ITEM | | Purchased | Packed & Ready | Kit Check | On Race Day |
| CLOTHING | | | | | |
| Waterproof jacket – taped seams Full waterproof, not shower-resistant. Essential wind protection on the night section. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Waterproof trousers – taped seams Full waterproof with taped seams. Carry even if forecast is dry. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Warm insulating mid-layer Fleece or insulated jacket – not just a long-sleeve top. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hat or buff | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Gloves Windproof or waterproof. Hands get cold fast on exposed sections. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Packable insulated jacket Lightweight down or synthetic puffy for runners who may struggle with the cold. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Running shoes – trained in Feet swell – many go half a size up. Never debut new shoes on race day. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Running socks – trained in | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| NAVIGATION AND SAFETY | | | | | |
| Headtorch Must be a headtorch (not chest). Mandatory from The Sill; carry from the start. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spare batteries or backup torch Carry enough for continuous use through the night. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rear red light or reflective hi-vis patch Minimum 10cm x 2cm reflective patch or a working rear light. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Survival bag (NOT a foil blanket) Must be a full survival bag – a foil space blanket is not acceptable. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Whistle | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| GPS watch or phone with route downloaded | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| HYDRATION AND NUTRITION | | | | | |
| Hydration system – minimum 2L capacity Bladder or soft flasks. Sections between pit stops can be long. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Reusable cup No single-use cups at aid stations. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emergency food – minimum 400 kcal Approx 4 gels or equivalent. Reserve for genuine emergencies only. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Race nutrition – gels, bars, snacks | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Electrolytes – tablets, powder or capsules | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| FIRST AID AND FOOT CARE | | | | | |
| First aid kit Must include: triangular/conformable bandage + dressings inc. one 100mm x 100mm. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Blister treatment – Compeed, zinc oxide tape, antiseptic wipes | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Anti-chafe – Bodyglide or Vaseline | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PACK AND OTHER KIT | | | | | |

| | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| Running vest or pack – trained in <small>Must carry min 2L hydration. Poor fit at mile 50 is miserable.</small> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Phone – fully charged | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Method of payment – card, cash or phone pay | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Trekking poles <small>Significantly reduce leg load. Train with them beforehand.</small> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Power bank – fully charged | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| HEXHAM DROP BAG (Mile 44) | | Left at registration · collected at Hexham pit stop | | | |
|---|--------------------------|---|--------------------------|--------------------------|--|
| ITEM | Purchased | Packed & Ready | Dropped at Reg | Collected | |
| Fresh base layer / top | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Fresh socks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Change of shoes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Food and snacks for second half <small>Go savoury – sweet tooth will be gone by mile 44.</small> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Toothbrush and toothpaste | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Power bank – fully charged | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Anti-chafe and blister supplies top-up | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Dry gloves | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Motivational note / reminder of your reason for running | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

*Community checklist – always verify against the official Rat Race mandatory kit list in your race pack. Requirements can change and the official list takes precedence.
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