Mindset ENDURANCE COLLECTIVE

ULTRAMARATHON GEAR CHECKLIST

SAMPLE PACKING LIST | CORE LIST PLUS ADD-ONS

Start with the core list and add the sections that match your race. Cross off what you won't use, and test everything you keep on a long training day.

REQ Often on mandatory gear lists or in race rules. Confirm against your own race.

CORE LIST

For any ultra, 50K and up

WEAR AT THE START

- [ ] Shoes with long runs already in them
- [ ] Socks you have raced or trained long in
- [ ] Shorts or tights
- [ ] Shirt or singlet
- [ ] Hat or visor
- [ ] Sunglasses
- [ ] GPS watch, charged, course loaded
- [ ] Race bib with pins or a bib belt REQ
- [ ] Warm throwaway layer for the start line

PACK AND CARRY

- [ ] Hydration vest or belt that fits when full
- [ ] Bottles or bladder sized for the longest gap between aid stations REQ
- [ ] Collapsible cup (many races are cupless) REQ
- [ ] Phone, charged, in a zip bag REQ
- [ ] Course file or map saved offline REQ
- [ ] Whistle REQ
- [ ] Emergency space blanket REQ
- [ ] Waterproof jacket with a hood REQ
- [ ] Spare calories beyond your fuel plan REQ
- [ ] ID, a payment card and your car key
- [ ] Zip bag for trash

FUEL AND HYDRATION

- [ ] Gels, chews or drink mix to cover your carbs per hour
- [ ] Electrolytes or sodium for your sweat rate
- [ ] Solid food you have eaten on long runs
- [ ] Caffeine, if you use it
- [ ] Backup fuel in case an aid station is out of what you need

BODY CARE

- [ ] Anti-chafe balm
- [ ] Sunscreen and lip balm
- [ ] Blister kit: tape, lube, alcohol wipes
- [ ] Toilet paper or wipes in a zip bag
- [ ] Personal medications
- [ ] A few bandages and gauze pads

WEATHER LAYERS

- [ ] Long sleeve top
- [ ] Wind shell
- [ ] Light gloves
- [ ] Neck gaiter or warm hat
- [ ] Sun sleeves or a sun shirt for exposed sections

EACH DROP BAG

- [ ] Bag labeled the way your race asks
- [ ] Fuel for the next section
- [ ] Dry socks
- [ ] Spare shoes at one bag past halfway
- [ ] Dry shirt and a layer for the next part of the day
- [ ] Lube, tape and wipes
- [ ] Zip bag for wet or dirty gear

BEFORE AND AFTER

- [ ] Race confirmation and photo ID
- [ ] Runner guide saved offline or printed
- [ ] Pace chart with aid station distances
- [ ] Race morning breakfast you have practiced
- [ ] Dry clothes and sandals for the finish
- [ ] Recovery food and drink

ADD-ON: RUNNING THROUGH THE NIGHT

100K, 100 miles, or any race with a night section

LIGHT AND POWER

- ☐ Main headlamp REQ
- ☐ Backup light: second headlamp or waist light REQ
- ☐ Spare batteries, or a power bank and cable REQ
- ☐ Reflective vest or clip lights for road sections
- ☐ Charging cable for your watch

NIGHT LAYERS AND GEAR

- ☐ Insulating layer: fleece or light puffy REQ
- ☐ Warm hat and gloves REQ
- ☐ Tights or wind pants
- ☐ Trekking poles, if your race allows them and you train with them
- ☐ Caffeine plan for the early morning hours

CREW AND PACERS

- ☐ Crew guide with aid station directions and access rules
- ☐ Vehicle with a full tank and offline maps
- ☐ Cooler with ice and cold drinks
- ☐ Camp chair, blanket and towel
- ☐ Crew bin: full change of kit, spare shoes, extra layers
- ☐ Fuel sorted by aid station
- ☐ Foot care kit
- ☐ Pacer's own pack, light, fuel and any required gear REQ
- ☐ Food and warm clothes for the crew

ADD-ON: 200 MILES AND MULTI-DAY

Everything above, plus

NAVIGATION AND POWER

- ☐ GPS tracker, if your race issues or requires one REQ
- ☐ Course file on a second device REQ
- ☐ Large power bank with a cable for every device
- ☐ Extra water capacity for long dry sections (some races set a minimum) REQ

SLEEP

- ☐ Sleeping bag liner or light sleeping bag
- ☐ Small pillow, eye mask and earplugs
- ☐ Loud alarm and a written sleep plan
- ☐ Warm dry layers kept only for sleeping

FEET AND CLOTHING

- ☐ Two or more pairs of shoes, with one a half size up
- ☐ Dry socks for every 20 to 30 miles
- ☐ Full foot kit: tape, scissors, lube, powder, wipes
- ☐ Gaiters
- ☐ A full change of kit for each day
- ☐ Hot weather kit and cold weather kit

CREW FOR MULTI-DAY

- ☐ Sleep setup for the crew and a driving schedule
- ☐ Stove or kettle for hot food and drinks
- ☐ Toothbrush, wipes and spare contacts or glasses
- ☐ Laundry bag for used kit

MY ADDITIONS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____