

Borneo Ultra-Trail® Marathon

Compulsory Equipment, 2018



The following compulsory equipment must be carried at all times during the race for safety purposes. Random spot checks may be performed at any time, and time penalties or disqualification issued for non-compliance.

Item	Category			
	100 km	50 km	30 km	12 km
Race pack to carry compulsory equipment	✓	✓	✓	✓
Mobile phone – with contactable number provided to organizers during registration. Must be able to call out	✓	✓	✓	✓
Emergency Blanket	✓	✓	✓	✓
Emergency Whistle	✓	✓	✓	✓
Hydration bladder/bottles with min. 1.5 litre capacity	✓	✓	✓	✓
Wind/rain jacket	✓	✓	✓	✓
Basic First Aid Kit ¹	✓	✓	✓	✓
Headlamp with spare batteries	✓	✓	✓	(✓)
Backup headlamp/torch lamp	✓	✓		
Red/white blinking light to be fixed to pack after dark	✓	✓		
Personal cup for hot drinks: No cup = No hot drinks	✓	✓	✓	(✓)

✓: Compulsory to be brought along at all times

(✓): Recommended for safety or comfort

¹ **Basic Medical Kit:** For treating minor wounds and injuries and should contain some antiseptic, gauze, some self adhesive dressings and small elastic bandage (preferably the cohesive type). A blister kit is also recommended.

Additional Optional / Recommended Items.

The needs of competitors vary with fitness and abilities. It is the responsibility of each competitor to assess his/her own abilities and requirements for a safe race. Below is a list of additional items beyond the compulsory equipment for consideration.

Item	Description
Shoes with good grip	Trail running shoes with good grip highly recommended
Hydration Salt / Electrolytes	Recommended: must be taken as prescribed to work
Gels / Energy Foods	Recommended: Sufficient for distance
Vaseline / anti-chafing cream	Recommended to protect against chafing / blistering
Sunscreen	Apply before, potentially reapply during race
Sunglasses	Protection against UV as well as sticks and insects
Hat / scarf	Protection against sun / rain / cold at night
Long-sleeved shirt	Protection against sun / cold at night
Protective tights	Parts of the trails may be overgrown. Protects against sun
Trekking Poles	Can be handy on steep downhill sections in particular
Reflective vest* or stripes	For visibility at night
Compass	May aid in checking navigation or if lost
Course Map	To aid in following course and know what to expect
Money	Small change for drinks / snacks along the way

*The 2018 course for the BUTM has no crossings of major roads during night. The reflective vest has therefore been taken off the compulsory equipment, but it is highly recommended to wear some reflective gear during night.