


## Borneo Ultra Trail Marathon 2016 Mandatory Kit List

(18-8-2015)

	Item			Category							
1	Emergency Whistle			ALL							
2	Rain Jacket			ALL							
3	Hydration Pack/Water bottles up to 1.5L			ALL							
4	Emergency Blanket			50k/100k							
5	Mobile Phone			ALL		Fully charged phone with ringer set to high. Switch off Data					
6	Compass			25k/50k/100k		Mobile phone with an inbuilt compass app is not allowed					
7	Reflective vest			50k/100k							
											
8	White or Red Strobe/blinking light			50k/100k							
9	Energy Bars/Gels			ALL		Sufficient quantity for you from start to finish					
10	Headlamp with fresh/new batteries			50k/100k		Minimum 100 lumens set to medium or low.					
11	Spare batteries for headlamp			100k							
12	Plastic Cup/Bowl/Spoon			100k		Recommend collapsible types to save space					
13	Long tights			Recommended							
14	Deep heat spray			Recommended							
15	Secondary headlamp/Torch			Recommended		for 50K/100k categories					
16	Sun Block			Recommended							



17	Salt Tablets or similar			Recommended						
18	Basic medical kit			50K/100K Mandatory						
	(to treat minor cuts/abrasions)			Recommended for 12k/25k to carry a small medical kit at all times						