



QARUN 66/44

KIT LIST

March 9 - 11, 2023

MANDATORY KIT LIST

RUNNING

- A pair of trail or suitable running shoes
- Running socks (light, synthetic)
- Hydration pack (running vest)
(including a hydration system with minimum capacity of 1.5L)
- Dry fit t-shirts
- Running shorts
- Sand gaiters
- Windbreaker, water-repellant jacket and preferably with taped seams
(soft enough to be folded in hydration pack)
- Synthetic/non-cotton base layer
- Personal electrolytes/hydration solution
- Cap UPF50 or Sahara/Legionnaire style hat for extra protection
- High quality head torch with spare batteries
- GPS device (&/or fully charged mobile phone with a GPS app)
- Whistle
- Personal basic first aid kit
- Any medication required

CAMPING

- Survival blanket
- Sleeping bag (0 °C)
- Down/synthetic jacket
- Slippers/trainers
- Heavy socks
- Normal clothes & toiletries
(for before/after the race and for travelling)
- Travel eating bowl and cutlery
- Toilet paper roll
- Pack of baby wipes
(not mandatory to carry whilst running but consider doing so for toilet stops)

HIGHLY RECOMMENDED

- UV rated sunglasses
 - Pocket knife
 - Pair of hiking poles
 - Sunblock SPF >30
 - Salt tablets
 - Personal power bar/nutrition gel
 - Local currency for souvenir shopping
- Feel free to bring additional supplies, equipment, or personal items.*

Participants who wish to carry food (dates, dried fruits, etc..) along the trail should consider bringing zip-locks to pack the food and label all packaging with their bib number. As part of our sustainability beliefs, we aim to have a neutral or positive environmental impact and so littering is strictly prohibited. Any runner seen to litter in preparation of the race or during the race, any packaging found thrown on the trail will put the corresponding participant at risk of disqualification.

EPIC RACES. LEGENDARY DESTINATIONS.