

# MANDATORY EQUIPMENT STUBAI ULTRA



POWERED BY  **SCOTT**

## Clothing:

- **closed trailshoes with a grippy sole**  
no running sandals or street running shoes
- **waterproof jacket**  
the jacket must have taped seams & a hood and a water column of at least 10,000mm
- **longsleeve or shirt and arm sleeves**  
Long-sleeved replacement for the starting outfit (if arm warmers, then also an extra T-shirt)
- **long trousers or leg sleeves**  
Compression socks / calf compressions do not cover the knee -> not permitted as a replacement
- **gloves and hat**  
The cap must cover head and ears, a tube scarf is possible as a substitute

## Equipment:

- **cup for drinks and food during the race**  
for example: for soup, coffee, rice, etc.
- **water container with a volume of 1,5 liters**  
for example: 3 soft flasks with 500ml or hydration bladder with 1L + 500ml soft flask
- **First Aid Kit**  
(10×10 compress, 2x bandage packs, 1 pair of sterile protective gloves, triangular scarf, 4x plasters, whistle, rescue blanket)
- **mobile phone + saved emergency number**  
**0049 151 550 101 48**
- **route map – printed or stored on the navigation watch**  
for emergencies (the route is marked)
- **Food packaging labeled with personal start number**  
to avoid pollution of the environment