

Namib Race 2020 EQUIPMENT LIST



MANDATORY EQUIPMENT LIST INDEX

**** THIS INDEX IS FOR REFERENCE ONLY. YOU MUST READ THROUGH THE FULL EQUIPMENT LIST PROVIDED ON THE FOLLOWING PAGES FOR THE SPECIFIC REQUIREMENTS OF EACH MANDATORY ITEM. FAILURE TO HAVE ANY MANDATORY ITEM WILL RESULT IN A PENALTY OR NOT BEING ALLOWED TO START THE RACE.**

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MANDATORY EQUIPMENT

YOUR EQUIPMENT WILL BE REVIEWED AT COMPETITOR CHECK-IN AT THE HOST HOTEL TO ENSURE THAT YOU HAVE ALL OF THE MANDATORY ITEMS. FAILURE TO HAVE AN ITEM WILL RESULT IN A PENALTY OR NOT BEING ALLOWED TO START THE RACE.

Note: "Most Popular" items are available at RacingThePlanet. Use the "Compare Products" feature to see which items suit you best.








MANDATORY EQUIPMENT			
	Item	Comments	Qty.
1)	<p>BACKPACK / RUCKSACK</p> 	<p>Capable of carrying all of the Mandatory and Optional Equipment. A 25-30L backpack is optimal. Note: There is no one backpack model that works for everyone.</p> <p><i>Most Popular:</i> OMM Classic Marathon 25L (670g) & 32L (700g), Osprey Talon 33 (915g), WAA Ultra Equipment Ultrabag 20L with Front Pack (590g), Ultimate Direction 35L (710g), RaidLight Responsiv Vest 24L - Men's (290g)</p>	1
2)	<p>WATERPROOF BAG (35L)</p> 	<p>The waterproof bag must be a minimum of 35 liters in size. There is a chance of rain, and it is vital to keep the contents of your backpack (in particular, your sleeping bag and camp clothes) dry. Using a combination of smaller bags does <i>not</i> fulfil this requirement.</p> <p><i>Most Popular:</i> Sea-to-Summit Ultra-Sil Dry Sack 35L (65g), Sea-to-Summit Ultra-Sil Nano Dry Sack 35L (46g)</p>	1
3)	<p>SLEEPING BAG (5°C/41°F)</p> 	<p>The minimum requirement combination of sleeping bag plus bag liner is 5°C/41°F. However we recommend that you have a sleeping bag to 0°C/32°F. Note: See the optional equipment list below for details on Bag Liners which can add up to 6°C/10°F to the rating of your sleeping bag. Sleeping Pads can also provide additional warmth and comfort – this is highly recommended.</p> <p><i>Most Popular:</i> Sea-to-Summit Spark SpIII (-2°C), Marmot Phase 30 (-1C), Marmot Plasma 15 (-9C)</p>	1
4)	<p>HEADLAMP & BACK-UP LIGHT</p> 	<p>Competitors are required to carry two light sources – one must be a headlamp; the second can be a headlamp or handheld torch. Both lights must be strong enough to use when on the course at night on uneven terrain, we recommend 150 lumens or higher.</p> <p><i>Most Popular:</i> Black Diamond Cosmo (86g, 200Lumens), Petzl Actik (86g, 350Lumens), Black Diamond Storm (120g, 375 lumens)</p>	2
5)	<p>RED FLASHING LIGHT</p> 	<p>The red flashing light is required <i>in addition</i> to your headlamp and back-up light. This is to be attached to the rear of your backpack and switched on when you are on the course in the dark.</p> <p><i>Most Popular:</i> The Rough Country® Flashing Safety Light</p>	1
6)	<p>KNIFE / MULTI-TOOL</p> 	<p>A small knife / multi-tool has multiple uses during the event. Scissors does <i>not</i> fulfil this requirement.</p> <p><i>Most Popular:</i> Leatherman Crunch (196g), Gerber Steady Tool (165g)</p>	1




MANDATORY EQUIPMENT			
	Item	Comments	Qty.
7)	<p><u>WHISTLE</u></p>	<p>To attract attention in case of an emergency. Note that many backpacks include a whistle on the buckle – this is <i>not</i> sufficient. You must have an emergency whistle.</p> <p><i>Most Popular:</i> Jetscream Safety Whistle</p>	1
8)	<p><u>MIRROR</u></p>	<p>To attract attention in case of emergency. Reflect the sun off the mirror to draw attention to your location.</p> <p><i>Most Popular:</i> Coghlan's Featherweight Mirror</p>	1
9)	<p><u>SURVIVAL BIVVY BAG</u></p>	<p>Must be a closed bivvy bag (not a blanket) made of reflective material. We recommend a thick bag that you can repack easily as you may want to use it over your sleeping bag in cold or wet weather conditions.</p> <p><i>Most Popular:</i> Adventure Heatsheets Emergency Bivvy (108g)</p>	1
10)	<p><u>COMPASS</u></p>	<p>Any model is adequate; however, a compass as a part of a watch is <i>not</i> sufficient. Note: There is no navigation in the event. The compass is an emergency gear item.</p> <p><i>Most Popular:</i> Silva Thermometer Compass (16g)</p>	1
11)	<p><u>EATING UTENSIL</u></p>	<p>Ideally bring more than one in case you lose one.</p> <p><i>Most Popular:</i> Expedition Foods Unbreakable Spoon (35g), Light My Fire Spork (10g), Sea-to-Summit AlphaLight Spork (9g)</p>	1
12)	<p><u>SUNSCREEN</u> (60 ml/2 fl oz)</p>	<p>A minimum of 60 ml/2 fl oz is required. Choose a brand with high SPF that is waterproof, sweat-proof and non-greasy. It is recommended to bring the required amount in separate containers in case one is difficult to find.</p> <p><i>Most Popular:</i> Dermotone Sunscreen Lotion (30ml) - you will need two tubes to meet the requirement</p>	1
13)	<p><u>LIP SUNSCREEN</u></p>	<p>To protect lips from the sun</p> <p><i>Most Popular:</i> Dermotone Medicated Lip Balm, Dermotone Lip 'n Face Protection with Z Cote</p>	1
14)	<p><u>MEDICATION</u></p>	<p>Bring an adequate 7-day supply (at least 12 mild pain relief pills) so that you are not dependent on medication from the event medical team.</p> <p>Important Note: You should seek advice from your doctor about any medication that you plan to take during the race, including any form of painkillers. If you take painkillers, Tylenol / Paracetamol / Acetaminophen are preferred over anti-inflammatory medications such as Ibuprofen / Neurofen / Advil / Motrin / Naprosyn and others. It is NOT advised to take anti-inflammatory medication on the course. Please read the expert article called Painkillers Used during Ultramarathons for more details.</p>	7-Day Supply

MANDATORY EQUIPMENT			
	Item	Comments	Qty.
15)	<p>BLISTER KIT</p>	<p>The following list is a minimum requirement. You may need more supplies based on your experience and prior history of foot blisters:</p> <ul style="list-style-type: none"> • 10 x alcohol wipes • 2 x hypodermic needles or safety pins • 1 x roll of paper tape (i.e. Micropore) • 1 x roll of elastic tape (i.e. Elastikon) • 5 x Spenco 2nd Skin or Compeed pads <p>Note 1: Lubricant such as Bodyglide is also highly recommended. Foot powder is recommended for feet that sweat a lot.</p> <p>Note 2: You should try to anticipate the amount of supplies you will need for 7 days. If you do not bring enough supplies, you could be at risk of developing more severe blisters that could jeopardize your ability to finish the race.</p> <p><i>Most Popular:</i> The Rough Country® Blister Kit (includes all blister kit items PLUS practical instruction sheet)</p>	1
16)	<p>COMPRESSION BANDAGE</p>	<p>The minimum size requirement is 7.5 cm/3 in wide x 4.5 m /14 ft long (6 cm/2.4 inches in diameter). The compression bandage can be used for strapping an ankle / knee, slinging an arm injury, bandaging a lesion or head wound to prevent bleeding, etc.</p> <p><i>Most Popular:</i> Smith & Nephew Cotton Crepe Bandage</p>	1
17)	<p>SAFETY PINS</p>	<p>A minimum of 10 safety pins are required for attaching your bib number and event patch and for multiple uses during the event. Heavy duty, large pins work best.</p> <p><i>Most Popular:</i> The Rough Country® Safety Pins</p>	10
18)	<p>ALCOHOL GEL (60 ml/2 fl oz)</p>	<p>A minimum of 60 ml/2 fl oz is required. Alcohol wipes cannot replace alcohol gel, but you may choose to carry both.</p> <p><i>Most Popular:</i> Purell Hand Sanitizer</p>	1
19)	<p>TOILET TISSUE / WET WIPES</p>	<p>No tissues or paper will be provided by Event Staff for toilet use. It is recommended to also bring wet wipes (5-10 wipes per day are recommended).</p> <p><i>Most Popular:</i> The Rough Country Lite Hand Towel</p>	7-Day Supply
20)	<p>RUNNING SHOES Men's Trail Running Shoes / Women's Trail Running Shoes</p>	<p>Competitors should wear trail or running shoes. Consider buying your shoes 1 to 2 sizes larger than you would normally wear to account for swelling and tape for blisters.</p> <p><i>Most Popular Brands:</i> Asics, Inov-8, Salomon, The North Face</p>	1



MANDATORY EQUIPMENT			
	Item	Comments	Qty.
21)	<p><u>SOCKS</u></p>	<p>6-7 pairs are recommended to allow a fresh pair for each day but only 2 pairs are compulsory. Many competitors wear two layers.</p> <p><i>Most Popular Brands:</i> Drymax, Injinji, Thyo, ToeToe and many other brands including Wrightsock, Teko, Odlo, Hilly, Icebreaker, Feetures!, Falke, etc.</p>	2
22)	<p><u>TIGHTS / SHORTS</u></p> <p>Men's Tights / Shorts Women's Tights / Shorts</p>	<p>Two pairs of shorts / tights / pants are required. One pair must cover your full leg as it can get very cold.</p> <p><i>Most Popular Brands -Tights:</i> 2XU, CW-X (most popular), Skins, X-Bionic <i>Most Popular Brands -Shorts:</i> 2XU, Salomon, X-Bionic, CW-X (most popular), Skins</p>	2
23)	<p><u>TECHNICAL RUNNING SHIRT</u></p> <p>Men's Running Shirts Women's Running Shirts</p>	<p>One shirt is required, but we recommend two shirts, including one that is long-sleeved for sun protection and / or warmth in cold temperatures. Quick dry materials in light colors are recommended.</p> <p><i>Most Popular Brands:</i> RaidLight, Salomon, X-Bionic, Outdoor Research, Mountain Hardwear, Montane</p> <p><i>When you purchase a shirt or jacket, we'll stitch the RacingThePlanet and nationality flag patches of your choice on the shirt for only US\$20 with our Patch Stitching service.</i></p>	1
24)	<p><u>WARM LONG-SLEEVE TOP</u></p> <p>Men's Fleece Jackets / Down Jackets Women's Fleece Jackets / Down Jackets</p>	<p>Temperatures in the desert can get very cold. This must be a warm top (preferably fleece or down jacket). An alternative is a thick, long-sleeve capilene top.</p> <p><i>Most Popular:</i></p> <p>Montane Power Up Pull On Half Zip Fleece - Men's (342g) Marmot Stretch Fleece 1/2 Zip Top - Men's (275g) Arc'teryx Fortrez Hoody - Men's (375g) Montane Quattro Fusion Jacket - Men's (470g) Montane Hi-Q Luxe Jacket - Men's (575g) Raidlight Microfleece Trail Raider - Women's (300g) Marmot Power Stretch Jacket - Women's (272g) Yeti Desire Lightweight Down Jacket - Women's (250g) 66 North Vatnajokull PrimaLoft Jacket - Women's (272g)</p> <p><i>When you purchase a shirt or jacket, we'll stitch the RacingThePlanet and nationality flag patches of your choice on the shirt for only US\$20 with our Patch Stitching service.</i></p>	1

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25)	<p><u>WATERPROOF JACKET</u> Men's Waterproof Jackets Women's Waterproof Jackets</p> 	<p>The jacket must be fully waterproof (preferably also windproof) to keep you dry and warm. <i>Most Popular: Most Popular.</i></p> <p>Montane Minimus Jacket - Men's (188g) Outdoor Research Helium Hybrid Jacket - Men's (240g) Montane Minimus Stretch Jacket - Men's (453g) Montane Minimus Jacket - Women's (169g) Mountain Hardwear Celesta Jacket - Women's (354g) Outdoor Research Helium Hybrid Jacket - Women's (215g)</p> <p>When you purchase a shirt or jacket, we'll stitch the RacingThePlanet and nationality flag patches of your choice on the shirt for only US\$20 with our Patch Stitching service.</p>	1
26)	<p><u>RAIN PONCHO</u></p> 	<p>Required for additional warmth and wet protection. A rain poncho is lightweight and easy to put on/take off when the weather changes. Must be clear / transparent so you can see your bib through it.</p> <p><i>Most Popular: Coghlan's Emergency Poncho</i></p>	1
27)	<p><u>CAP WITH NECK COVER</u></p> 	<p>It is required that you wear a cap with a neck cover (such as legionnaire design) or have a cap with a Buff® to cover both your head and neck.</p> <p><i>Most Popular: RaidLight Sahara Cap, Sunday Afternoons Sun Guide Cap</i></p>	1
28)	<p><u>WARM HAT</u></p> 	<p>For warmth in the cold. A Buff® <i>does not</i> fulfill this requirement.</p> <p><i>Most Popular: Buff Unisex Merino Wool Hat</i></p>	1
29)	<p><u>GLOVES</u></p> 	<p>For warmth in the cold. Full finger gloves are required.</p> <p><i>Most Popular: SealSkinz, Black Diamond, Salomon</i></p>	1 pair
30)	<p><u>SUNGLASSES</u></p> 	<p>Any pair of UV protection sunglasses. Only 1 pair is mandatory but it is recommended to take 2 pairs.</p> <p><i>Most Popular: Julbo Sunglasses</i></p>	1
31)	<p><u>NATIONALITY PATCHES</u></p> 	<p>You must wear nationality patches on both sleeves of all tops (including jackets) throughout the event. These are in addition to the 4 Deserts patches which are provided by the 4 Deserts.</p> <p>Nationality flags can be silkscreened onto all tops instead of using patches – see the <i>Patch Placement Instructions</i> in the Competitor Area of the website for more details.</p> <p><i>Most Popular: The Rough Country® Nationality Patches</i></p>	All Tops

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	Item	Comments	Qty.
32)	<p><u>RACINGTHEPLANET PATCHES</u></p> 	<p>We will send you these patches approximately 6 weeks before the event. You do <i>not</i> need to purchase these.</p> <p>The RacingThePlanet logo can be silkscreened onto all tops instead of using patches – see the <i>Patch Placement Instructions</i> in the Competitor Area of the website.</p>	All Tops
33)	<p><u>HYDRATION SYSTEM</u></p> 	<p>You must carry containers that can hold 2.5 liters of water at all times. The main choices are:</p> <ul style="list-style-type: none"> • Bottles: These allow for more flexibility – they can be attached to the shoulder straps of your backpack, put in a front pack, kept in the backpack with a SmarTube or carried by hand. • Hydration bladders: A popular choice, but sometimes difficult to know how much fluid you have drunk; can also be difficult to fill quickly. • Softbottle: Platypus at least 1 liter in capacity <p><i>Most Popular:</i> The Rough Country Bottles (2 options of straws), The Rough Country® Bottle Holders, Platypus SoftBottle, RaidLight Raid Squeeze Bottle with Screw Top</p>	1
34)	<p><u>ELECTROLYTES / SALT TABLETS</u></p> 	<p>Maintaining your body's electrolyte balance is critical for a safe race. It is strongly recommended to bring a mixture of electrolyte tablets AND electrolyte drink powders. You must bring a minimum of:</p> <ul style="list-style-type: none"> • <i>Enough powder to make a minimum of 30 liters of drink OR</i> • <i>Enough salt tablets / Endurolytes for 30 hours on the course (usually minimum is 1.5 tablets per hour=45 tablets) OR</i> • <i>A combination of both, e.g. powder for 15 liters of water and tablets for 15 hours on the course.</i> <p>If you expect to spend more than 30 hours on the course then you should increase this accordingly. It is vital that you test your electrolyte plan during your training and follow the amounts recommended on the packets.</p> <p><i>Most Popular Brands:</i> Nuun</p>	7-Day Supply
35)	<p><u>7-DAY FOOD SUPPLY</u></p>	<p>You are responsible for your own food for the entire event. You need a meal for Camp 1 the night before the race starts PLUS a minimum of 2,000 calories/day during the race (7 days).</p> <ul style="list-style-type: none"> • Pre-race: One (1) meal for Saturday evening • During the race: Minimum of 14,000 calories 	Min. 14,000 Cal



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Item	Comments	Qty.	
<p><u>Dried Meals</u></p>	<p>We recommend using dried meals as your main food source. Hot water will be available at all campsites.</p> <p><i>Most Popular:</i> Expedition Foods (freeze dried, high calorie meals)</p> <p>NOTE: Expedition Foods have put together a 4 Deserts Ration Pack which provides the minimum calories required - 14,000, including all main meals plus energy bars/gels and electrolytes.</p>		
<p><u>Energy Bars / Gels</u></p>	<p>To avoid an upset stomach, be sure to test your bars and gels during training.</p> <p><i>Most Popular:</i> Clif Bar Energy Bars, Clif Bar Clif Shot Bloks, GU Energy Gels, Hammer Gels</p>		
<p><u>Nutrition Supplements</u></p>	<p>There are a lot of choices. The ones listed are recommended by past 4 Deserts competitors.</p> <p><i>Most Popular:</i> Hammer Nutrition Perpetuem, Hammer Nutrition Sustained Energy, Hammer Nutrition Recoverite</p>		
<p><u>Drink Mixes</u></p>	<p>Bring your favourite drink mixes for mornings and evenings around camp.</p> <p><i>Most Popular:</i> Coffee, Tea, Hot Chocolate, Soup</p>		
<p><u>Snacks</u></p>	<p>An important part of your food supply. We recommended bringing a good variety of snacks.</p> <p><i>Most Popular:</i> Beef Jerky, Instant Noodles, Dried Fruit, Potato Chips, Parmesan Cheese, Instant Oatmeal</p>		



OPTIONAL EQUIPMENT (NOT MANDATORY, BUT SUGGESTED)

*Note: “Most Popular” items are available at [RacingThePlanet](#).
Use the “Compare Products” feature to see which items suit you best.*

OPTIONAL EQUIPMENT			
	Item	Comments	Qty.
1)	SLEEPING PAD	<p>Select a small size to save weight or a regular size for added comfort and warmth. Self-inflating pads are light, but can be difficult to eliminate air for packing and can puncture. Tents provided in the event do not have any ground padding. Highly recommended for insulation against the cold ground at night.</p> <p><i>Most Popular:</i> Therm-a-Rest Z Lite (410g), Therm-a-Rest Z-Lite SOL (410g), Therm-a-Rest NeoAir Xlite (340g), Therm-a-Rest NeoAir UberLite (250g), Sea-To-Summit UltraLight (550g)</p>	1
2)	SLEEPING BAG LINER	<p>Sleeping bag liners are a great way to add additional warmth to lightweight sleeping bags. Most bag liners add approximately 6°C/10°F. This can be used towards your sleeping bag rating.</p> <p><i>Most Popular:</i> Sea To Summit Thermolite Reactor (248g), Sea To Summit Thermolite Reactor Extreme (399g)</p>	1
3)	GAITERS	<p>This is a personal choice - some wear gaiters, others do not. Ankle gaiters keep debris out of your shoes. Highly recommended for sand in the Namib Race.</p> <p><i>Most Popular:</i> The Rough Country Trail Running Gaiters, The Rough Country Silkworm Gaiters (most recommended for the Sahara Race), Salomon S Lab Trail Gaiters</p>	1
4)	SPORTS BRA	<p>Women’s comfort</p> <p><i>Most Popular:</i> Zensah Seamless Running Bra, Brooks Moving Comfort Vixen A/B, CWX</p>	3
5)	SCARF / HEADGEAR	<p>A Buff® is ideal as it can be used for multiple purposes - scarf, headgear, sweatband, etc. Highly recommended.</p> <p><i>Most Popular:</i> RacingThePlanet / 4 Deserts Buff</p>	2
6)	COMPRESSION SOCKS	<p>Socks to help with your recovery process at the end of each day</p> <p><i>Most Popular Brands:</i> CEP, CW-X, Zensah, Compressport</p>	1
7)	FLIP FLOPS / SLIPPERS	<p>For walking around camp and post-race comfort – choose the lightest model you can find</p> <p><i>Most Popular Brands:</i> Keen, Sole, Crocs</p>	1
8)	TREKKING POLES	<p>Useful if you intend to walk the majority of the course. You must train with poles if you plan to use them.</p> <p><i>Most Popular Brands:</i> Black Diamond</p>	1

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	Item	Comments	Qty.
9)	<u>CHEST / HIP PACKS</u>	Chest and hip packs can increase capacity without additional load on your back <i>Most Popular Brands: Inov-8, OMM, RaidLight</i>	1
10)	<u>WATERPROOF / SAND-PROOF BAGS, COMPRESSION BAGS, ZIP-LOCK BAGS</u>	Pack your food and small items in zip-lock bags. For valuable items (i.e., cameras & passports), you may consider waterproof / sandproof bags. <i>Most Popular Brands: Aloksak, Outdoor Research, Sea-to-Summit, Coghlan's</i>	10
11)	<u>EATING TIN / CUP</u>	Useful for cooking at the camp fire and eating. Many people cut the top off plastic bottles provided at the event to use as cups. Sea-To-Summit X-Mug & Bowls	1
12)	<u>TOWEL</u>	For cleaning off at camp <i>Most Popular: The Rough Country Lite Towel, Sea-To-Summit Pocket Towel</i>	1
13)	TOOTHBRUSH & TOOTHPASTE	A small-sized travel toothbrush is recommended <i>Most Popular: Toob Brush</i>	1
14)	<u>INSECT REPELLENT</u>	You may come across flies and mosquitos <i>Most Popular Brands: Sawyer</i>	1
15)	<u>WRISTWATCH / INSTRUMENT</u>	A watch alarm and timer can be useful. Speed and distance monitor (pedometer), barometer and heart rate monitors can also provide interesting feedback. <i>Most Popular Brands: Polar, Suunto, Garmin</i>	1
16)	<u>GPS</u>	Choose a model that uses changeable batteries (<i>not</i> rechargeable batteries) as competitors will not have access to power for re-charging. Note: The course is marked every 25 meters and GPS coordinates are not provided. A GPS is most useful for tracking distance. <i>Most Popular Brand: Garmin</i>	1
17)	<u>CAMERA</u>	If your camera is not waterproof, keep it in double zip lock bags. Note: A charging device is recommended as competitors will not have access to power for recharging.	1
18)	<u>iPod & Headphones</u>	Keep music players in waterproof / sand proof bags. Note: A charging device is recommended as competitors will not have access to power for recharging.	1
19)	<u>PORTABLE CHARGER</u>	A way to charge your powered devices. <i>Solar panel chargers must not cover your race bib which is fixed to your backpack.</i> <i>Most Popular Brand: Powertraveller</i>	1