

Marathon des Sables Kit List

Compulsory Kit	Ready
Backpack	
Sleeping bag	
Headtorch	
New and spare torch batteries	
Whistle	
Reflector Mirror	
10 Safety Pins	
Compass	
Lighter	
Penknife	
Antiseptic	
Anti-venom pump	
Thermarest	
Aluminium Survival Sheet	
Racing Kit	
Hat, kepi or cheche	
Sunglasses	
Buff	
T-shirt x 2	
Shorts/trousers/leggings x 2 prs	
Gaiters	
Socks x 3-4 prs	
Running shoes	
Watch	
Water bottles or hydration system	
Sunblock	
Camera	
Sleeping and Tent Kit	
Sleeping bag (mandatory)	
Thermarest or foam mat (mandatory)	
Leggings x 1	
Thermal top	
Flipflops	
Tent torch	
Mess tin or cooking pot or kettle	
Spoon	
Freezer bags (admin, medical and food storage)	
Emergency sewing kit	
Toiletries	

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Food and drink (minimum 2000 k/cals per day)	
<i>Breakfast</i>	
Cereal or porridge x 7	
Hot drink (i.e. coffee/tea/hot chocolate sachets etc) x 7	
<i>Evening Meal</i>	
Main meal x 7	
Dessert x 7	
Sweets x 7	
Hot drink	
<i>Daytime energy food and snacks</i>	
Nuts	
Raisins	
Dried Fruit	
Pepperamis etc	
Energy gels	
Energy bars	
Electrolyte capsules	
Energy and/or electrolyte drinks	
Medical Kit	
Insect repellent	
Antiseptic	
Elastoplasts	
Strapping tape	
Padded strapping tape	
Talcum powder	
Dressings	
Bodyglide, Nok, Lotil or other anti-chafing equivalent	
Compeed	
Immodium	
Dioralyte	
Ibuprofen or other anti-inflammatories	
Lip balm	
Wet wipes	
Baby wipes	

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Travel and post-race kit	
Trousers x	
Shirt x	
Jacket	
Underwear x	
Socks x	
Shoes, hiking boots, trainers x	
Toiletries	
Travel documents (tickets, itinerary etc)	
Passport	
Money (£ Stirling and € Euros)	
Credit cards	
Mobile phone	
Luggage Padlocks	

This list isn't the definitive list of items you should take, apart from the compulsory kit specified in the rules and regulations of the Marathon des Sables. These compulsory items are highlighted in **bold** on the above list.