

ASI ULTRA MARATHON 2025 - PACKING LIST

MANDATORY EQUIPMENT – TO BE WORN BY PARTICIPANT THROUGHOUT THE RACE

- OUTER HAT, wool
- INNER HAT, wool
- SUNGLASSES
- THIN NECK GAITER, wool
- THICK NECK GAITER, wool
- LONG UNDERPANTS, wool
- LONG UNDERSHIRT, wool
- RUNNING JACKET, windproof, breathable, and water-resistant
- RUNNING PANTS, windproof, breathable, and water-resistant
- DOWN JACKET, compressible, lightweight, and insulating
- RUNNING GLOVES
- MITTENS, windproof, insulated, and waterproof (gloves are not accepted)
- 2 PAIRS OF RUNNING SOCKS, wool
- TRAIL RUNNING SHOES, snow-compatible, recommended with spikes
- RACING SNOWSHOES, lightweight and running-suitable
- INSULATED WATER BOTTLES, min. 3L capacity in total
- RUNNING POLES, foldable, with a wide base for snow
- THERMAL SURVIVAL BAG, Blizzard bag or survival bag (aluminum blankets not accepted)
- HIGH-ENERGY SNACKS
- HEADLAMP
- COMPASS (analog, mobile phones not accepted)
- REHYDRATION SALTS
- GPS WATCH, must be able to read and follow GPX files
- PROOF OF TRAVEL INSURANCE, must cover search and rescue, as well as evacuations
- CREDIT CARD
- FIRST AID KIT:
 - 1 COMPRESS BANDAGE
 - 1 TRIANGULAR BANDAGE
 - BLISTER PLASTERS
 - PARACETAMOL
 - SPORTS TAPE
- RUNNING BACKPACK, with space for the above items

MANDATORY EQUIPMENT - TO BE TRANSPORTED BETWEEN CAMPS.

A snowmobile will transport below listed equipment between camps, making it available at the finish line each evening and up until the start the following morning

- SLEEPING BAG, comfort rating of -20°C minimum
- SLEEPING BAG LINER, insulating
- SLEEPING MAT, insulating and made for winter conditions
- CAMP SHOES
- 1 SET OF WARM CLOTHES, for the camp and for travel
- BREAKFAST AND DINNER, must be prepared with boiling water. Min. 2000 kcal per day
- SNACKS
- CUTLERY, CUP, and BOWL/PLATE
- LIP BALM WITH SUN PROTECTION
- SUNSCREEN
- POWER BANK, for charging GPS watch
- CHARGER FOR GPS WATCH

RECOMMENDED EQUIPMENT

- TOILETRIES
- VASELINE
- BLISTER PLASTERS
- IBUPROFEN AND PARACETAMOL
- INSTANT COFFEE / TEA