

ZUGSPITZ ULTRATRAIL 2025 **MANDATORY EQUIPMENT**

ZUT100



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 pants or leg sleeves**
compression socks / calf compressions do not cover the knee -> not permitted as a replacement
- **Gloves and hat**
the hat must cover head and ears, a tube scarf is possible as a substitute
- **Helmet**
between V3-100 Biberwier and V3 Pestkapelle – climbing helmet, ski touring helmet, bicycle helmet permitted

Equipment:

- **Running Vest**
for transporting spare clothing and equipment
- **2 headlamps with spare/rechargeable batteries**
power banks do not count as spare batteries
- **Water container with a volume of 1 liters**
for example: 2 soft flasks with 500ml or hydration bladder with 1L
- **First Aid Kit**
(10x10 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**
label each bar/gel with a marker | to avoid pollution of the environment
- **Cup for drinks and food during the race**
for example: for soup, coffee, rice, etc.