

Kit list Namibia Marathon

Main luggage bag weighing no more than 20kg

All items marked in **bold black** are compulsory

- **Running Shoes**
- **Shorts**
- **Running T-shirt (long sleeved recommended)**
- **Running cap or sun hat**
- **Sunglasses**
- **Running socks**
- **Camelbak or bottles to carry at least 3L of water** - highly recommended the use of 2 x 500ml water bottles to be used during the race, this will regulate the amount of water being taken on, the Camelbak can be used to fill the bottles.
- **Backpack**
- **All food and snacks to cover your 24 hour race.**
We recommend a minimum of 4000 calories.
- **Head torch**
- **Lightweight Waterproof Jacket**
- **Lightweight Fleece**
- **Lightweight Running Trousers**
- **Whistle**
- **GPS** - Garmin eTrex recommended
- **Sleeping Bag**
- **Pen knife**
- **Knife, fork and spoon**

Personal Items

- Loose cool clothing for when not racing
- Warm clothing for the cool evenings
- Toiletries and towel
- Camera, lots of film and a spare battery
- Padlock or means of securing/locking luggage
- Money belt
- **Sun cream minimum factor 30**
- **Lip salve with sunblock**
- Insect repellent

First Aid kit

- **Ibuprofen or other anti-inflammatory (not for asthmatics)**
- **Imodium for diarrhoea**
- **Antihistamine tablets and cream**
- **Antiseptic wipes**
- **Plasters**
- Zinc oxide tape (or Leucotape which is much better)
- Moleskin and/or 'Compeed' for blister treatment
- **Dehydration mix such as Dioralyte**
- Small tub of Vaseline

- Tweezers (not in hand luggage on flight)
- Scissors (not in hand luggage on flight)
- **Alcohol hand gel**
- **Crepe Bandage**
- **iodine tincture**