

Marathon Des Sables Equipment List

	Mandatory Y/N	Quantity	ITEM	WEIGHT
<input type="checkbox"/>			You	
<input type="checkbox"/>			Hat	
<input type="checkbox"/>			Sunglasses	
<input type="checkbox"/>			Buff or similar	
<input type="checkbox"/>			T shirt or long sleeve shirt	
<input type="checkbox"/>			Underwear	
<input type="checkbox"/>			Short or short	
<input type="checkbox"/>			Socks	
<input type="checkbox"/>			Shoes with gaiters	
<input type="checkbox"/>			Wind/ waterproof jacket	
<input type="checkbox"/>			Down jacket	
<input type="checkbox"/>			Sleeping mat	
<input type="checkbox"/>			Trekking poles	
<input type="checkbox"/>			Lightweight sandals/ slippers	
<input type="checkbox"/>			Spare socks	
<input type="checkbox"/>			Spare underwear	
<input type="checkbox"/>			Spare camp clothes	
<input type="checkbox"/>			Pot with lid for cooking/ eating/ drinking	
<input type="checkbox"/>			Small stove	
<input type="checkbox"/>			Fire bricks	
<input type="checkbox"/>			Long handle spoon/ fork	
<input type="checkbox"/>			Toilet paper	
<input type="checkbox"/>			Wet wipes	
<input type="checkbox"/>			Foot care kit	
<input type="checkbox"/>	Y		Pack	
<input type="checkbox"/>	Y		Sleeping bag	
<input type="checkbox"/>	Y		Headlamp with batteries and spare batteries	
<input type="checkbox"/>	Y		10 safety pins	
<input type="checkbox"/>	Y		Lighter	
<input type="checkbox"/>	Y		Whistle	
<input type="checkbox"/>	Y		Knife	
<input type="checkbox"/>	Y		Compass	
<input type="checkbox"/>	Y		Antiseptic / Topical disinfectant	
<input type="checkbox"/>	Y		Signal mirror	
<input type="checkbox"/>	Y		Survival blanket - must be full size	
<input type="checkbox"/>	Y		14 stock cubes	
<input type="checkbox"/>	Y		Sun cream	
<input type="checkbox"/>	Y		Lighter/ matches	
<input type="checkbox"/>	Y		200 euro	
<input type="checkbox"/>	Y		Passport / ID	
<input type="checkbox"/>	Y		Medical certificate and ECG	
<input type="checkbox"/>	Y		Food - 2000 calories per day of the race. The last day, you only need breakfast and snacks	
<input type="checkbox"/>	Y		Spot Tracker	
<input type="checkbox"/>	Y		Race Number	
<input type="checkbox"/>	Y		Roadbook	
<input type="checkbox"/>				