

Ultralight Gear Checklist for 100-Mile Races

On the Runner

- Trail Running Shoes (grippy, lightweight)
- Technical Socks (blister protection)
- Lightweight Shorts / T-Shirt
- Weather-Specific Gear (jacket, gloves, buff, hat)
- Sunglasses (UV protection)

Hydration & Nutrition

- Hydration Vest or Soft Flasks
- Electrolyte Tablets / Drink Mix
- Energy Gels / Chews / Bars
- Water Purification (tablets or filter straw)
- Emergency Food

Safety & Navigation

- Headlamp (200+ lumens) + Spare Battery
- GPS Watch / Paper Map & Compass
- Emergency Blanket
- Whistle
- Mini First Aid Kit (blister care, painkillers)

Trekking Poles (Optional)

- Foldable Carbon Poles
- Storage Method (vest or belt attachment)

Drop Bags & Crew

- Spare Socks / Shoes / Shirt
- Extra Nutrition
- Backup Light / Batteries
- Power Bank + Cable
- Towel / Trash Bag

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Ultralight Strategy Tips

- Use Multi-Purpose Items (buff, jacket sack = pillow)
- Cut Extra Straps, Remove Labels
- Carry Less Between Aid Stations