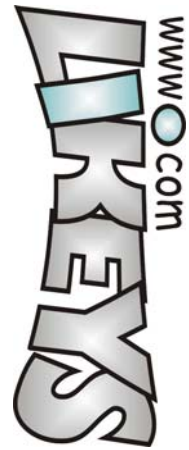


DESERT RUNNING KIT LIST - LIKEYS THOUGHTS 2012



PLEASE READ THIS BEFORE USING THIS KIT LIST: For maximum benefit, please read this kit list in conjunction with viewing the products on the Likeys website (www.likeys.com). This list doesn't strictly follow the order of products on the website, but by going to the Desert Section on the site and consequently to the relevant sub section, it should be fairly easy to find the corresponding products for more detailed descriptions. Please take a moment to acquaint yourself with the legend below to the left and with the relevant columns shown **R, M, S**. For guidance only we have assumed 3 different race speed aspirations (from **Racing Snake** to **Mid Packer** to **Steady**) and the advice is based on a number of assumptions often centered on the balance between comfort and weight. The main assumption being that a racing snake will happily forego some comfort to be competitive, whilst a steady racer will happily carry a few extra lbs to enjoy the experience of the event to the full.

Note Womens Specific: Throughout the guide, there are certain products highlighted in Pink indicating they are designed specifically for women. However, if you are a lady reading this guide, please do **not** ignore the other non highlighted options as most are unisex design and therefore absolutely ideal for the purpose of the event you are taking part in. It is more a case that men should avoid the pink items.

LEGEND		Racing Snake Mid Packer Steady	If you need any further advice, please don't hesitate to give either Martin or Sue a ring at Likeys (01874) 711850 and as always we will do our utmost to assist	TICK BOXES	
 Ideal				W	G
 Good				A	O
 OK				N	T
 Not really					
Pink background = Womens Specific					

DESERT RACING CLOTHING AND FOOTWEAR

RUNNING TOPS

Advice: For Multi Stage races like the MdS, Augrabies, Gobi March, Atacama Crossing, etc athletes often choose to take 2 running tops for the event thus giving the opportunity to change mid way through the race and adding the additional benefit of being an extra layer for nighttime when typically the temperature is that bit cooler. That said, many will also be content with just one racing top for the whole event. For non stop Desert events there is no practical reason for most people to have more than one racing top. Choosing between short or long sleeve primarily comes down to personal preference. Short sleeve is perfectly adequate for the majority of competitors provided you take the necessary precautions against the sun.

"Its not the critics who count... the credit belongs to the man who's actually in the arena... Who, at worst if he fails at least fails whilst daring greatly, so that his place shall never be with those cold timid souls who know neither defeat or victory"

Short Sleeve	R	M	S
Under Armour Draft T Shirt	 	 	
Marmot Stride	 	 	
X Bionic Fennic Runningwear Man Shirt	 	 	
Under Armour Chafe Free 2 in 1 Run Top	 	 	
Under Armour HeatGear Fitted S/S Crew	 	 	
Under Armour Catalyst Tee	 	 	
Under Armour EU Draft fitted 1/4 zip	 	 	
Marmot Incline 1/4 Zip	 	 	
Under Armour HeatGear S/S Tee	 	 	
Patagonia Runshade Zip Neck	 	 	
Montane Bionic Tee	 	 	
Buff S/S Tee - Various	 	 	
Under Armour WmsS Draft S/S Tee	 	 	
X Bionic Wms Fennic Run Shirt	 	 	
Patagonia Wms Runshade	 	 	
Marmot Crystal	 	 	
Montane Wms Sonic Tee Shirt	 	 	
Buff Wms Tee	 	 	

Running Top Notes

Further suitable Short Sleeve tops available at www.likeys.com

Long Sleeve	R	M	S
Marmot Incline L/S	 	 	
Raidlight Desert Top	 	 	
Patagonia Runshade 1/4 Zip	 	 	
Montane Bionic Long Sleeve Zip Neck	 	 	
Under Armour HeatGear L/S	 	 	
Buff L/S Tee	 	 	
Montane Wms Bionic L/S Zip Neck	 	 	
Marmot Wms Crystal L/S	 	 	

Further suitable Long Sleeve tops available at www.likeys.com

RUNNING SHORTS

Advice: A majority of athletes will choose shorts over leggings for Desert Events. Whether you go for loose or tight fitting is primarily going to be down to personal choice, but for many the one main factor to bear in mind is that the shorts need to prevent any rubbing between the legs over the extended period that you are in the race.

"Sometimes victory does not belong to the swift, but to those who keep moving"

Loose Fit	R	M	S
Under Armour 7" (Catalyst) Run Short	 	 	
Under Armour Chafe Free 2 in 1 Shorts.	 	 	
2XU Mens Run Short	 	 	
Craft Performance Run Longer Short	 	 	
Marmot Dash	 	 	
Montane Zoom	 	 	
Patagonia Nine Trails Short	 	 	
Under Armour Quickstep 3	 	 	

Further suitable Loose fitting Shorts available at www.likeys.com

Tight Fit	R	M	S
Under Draft Compression Shorts	 	 	
Under Armour Core Shorts.	 	 	
2XU Mens Compression	 	 	
X Bionic Fennic Running Man Pants	 	 	
X Bionic Running Wear Man Pants Short	 	 	
Buff Short Tights	 	 	
Under Armour Wms Ultra 7" Compression	 	 	
Under Armour Wms 5" Compression	 	 	
Craft Elite Wms Fitness Short	 	 	

Further suitable Tight Fitting Shorts available at www.likeys.com

Running Shorts Notes

RUNNING TIGHTS (for both racing and/or night time wear)					"I'd rather live a day as a Lion than a lifetime as a Lamb"
Advice: Some athletes do prefer wearing tights in the desert and with the quality of the tights available on the market with there great wicking qualities and cooling fabrics, there is no good reason (bar psychologically) not to.					
	R	M	S		
Under Armour Draft Leggings	✓	✓	✓	Compression leggings and very obvious choice	Running Tights Notes
Under Armour Run Specific Tights	✓	✓	✓	Ergonomic construction, Compression with rear pocket. High wicking.	
Under Armour Recharge	✓	✓	✓	Recovery Compression Leggings primarily for night time use UPF 30	
2XU Mens Compression Tights	✓	✓	✓	Super comfortable with flat locked seams, graduated compression.	
X Bionic Running Man Pant long	✓	✓	✓	Partial Compression, superior climate control.	
Under Armour Draft 3/4	✓	✓	✓	As draft leggings above, but 3/4 length	
Buff Long Tights	✓	✓	✓	Technical flat locked, funky. Official tights of Buff Racing Team	
Under Armour Wms Draft All Season 25"	✓	✓	✓	UPF 30, High Wicking compression leggings.	
Under Armour Wms Recharge	✓	✓	✓	Recovery Compression Leggings primarily for nighttime use UPF 30	
Montane Wms Trail	✓	✓	✓	Soft fabric, high wicking 3/4 length.	
Under Armour HeatGear Action tight.	✓	✓	✓	UPF 30 compression, budget price but does the job.	
Further suitable Running Tights available at www.likeys.com					
UNDERWEAR (if required)					
	R	M	S		
X Bionic Energizer Gents Boxers	✓	✓	✓	Quite simply the best most comfortable boxers ever.	
Under Armour Short Boxer Jocks 6"	✓	✓	✓	Sports boxers designed with athletes in mind. Seams all in the right places.	
Under Armour Long Boxer Jocks 9"	✓	✓	✓	Sports boxers designed with athletes in mind. Seams all in the right places.	
X Bionic 24/7 Buddyguard Briefs	✓	✓	✓	The brief version of the mens boxers above	
X Bionic Energizer Womens Boxer	✓	✓	✓	Quite simply the best most comfortable ladies boxers ever.	
X Bionic Sphere Briefs	✓	✓	✓	The brief version of the womens boxers above	
Under Armour Moxie C Bra	✓	✓	✓	High Impact Support, high wicking and Sue says very comfortable.	
Under Armour Moxie D Bra	✓	✓	✓	High Impact Support, high wicking and Sue says very comfortable.	
Under Armour "Gotta have it" Sports Bra	✓	✓	✓	Soft stretchy Mid Impact.	
X Bionic Wallaby	✓	✓	✓	Wrist bands for wiping sweat and snot!!!! Surprisingly useful.	
Under Armour Wrist Bands	✓	✓	✓	Wrist bands for wiping sweat and snot!!!! Surprisingly useful.	
NIGHT TIME CLOTHING UPPER BODY					
Advice: At night time in the desert temperatures certainly will drop which added together to the probable fatigue you will likely be enjoying means that an additional warm upper body layer is a good idea (or indeed an absolute necessity). Some deserts will be colder than others, so please consider the advice from the organisers or previous competitors when making your choice(s). The recommendations below have in mind that you will want to keep warm during the night whilst sleeping, but also having the dual use of being suitable as technical layers that can be used during any night stage.					"Success isnt how far you got, but the distance you travelled from where you started"
	R	M	S		
Montane Chukchi Shirt	✓	✓	✓	Lightweight Microfleece that provides the added warmth for night time	Night Time Upper Body Clothing Notes
Mammut Yukon Trim	✓	✓	✓	Lightweight Microfleece that provides the added warmth for night time	
Under Armour Hundo 1/4 Zip	✓	✓	✓	Lightweight Microfleece that provides the added warmth for night time	
Montane Oryx Jacket	✓	✓	✓	Polartec fleece Jacket - lightweight, warm, wicking.	
Patagonia Mens Merino 2 Zip L/S	✓	✓	✓	For those counting every gram, you cant beat Merino base/mid layer.	
Orca Mens Core Lite Merino L/S	✓	✓	✓	For those counting every gram, you cant beat Merino base/mid layer.	
Marmot Zip Neck L/S	✓	✓	✓	Lightweight synthetic base layer - consideration for weight weenies.	
Craft Warm Crew Neck	✓	✓	✓	Lightweight synthetic base layer - consideration for weight weenies.	
Patagonia Mens Capilene 2 Crew	✓	✓	✓	Lightweight synthetic base layer - consideration for weight weenies.	
Montane Womens Chukchi Pull	✓	✓	✓	Lightweight Microfleece that provides the added warmth for night time	
Mammut Womens Yukon Pull	✓	✓	✓	Lightweight Microfleece that provides the added warmth for night time	
Craft Performance Run Thermal Top	✓	✓	✓	High Wicking, extremely elastic, night time warmth. Really good!!	
Orca Womens Merino	✓	✓	✓	For those counting every gram, you cant beat Merino base/mid layer.	
Montane Wms Bionic L/S Zip Neck	✓	✓	✓	Merino Mix, flat lock seam, high wicking and gorgeous.	
Mammut Cotopaxi Zip Pull	✓	✓	✓	High Wicking Polartec, warm snugly stretch fabric.	
Montane Slipstream Quantum GL	✓	✓	✓	Worlds lightest Windproof Jacket. 65gm (a very useful addition at little weight)	
Further suitable Night Time Clothing available at www.likeys.com					
HAT					
Advice: Some form of headwear is an absolute must and additionally having a neck protector is probably a good idea. You might want to consider an all in one hat or alternatively consider a running cap and add something like a buff to give the neck some protection. Also worth considering is a lightweight hat for night time as a sizeable amount of heat is lost through the head at night.					"Even if you are on the right track, you will get run over if you just sit there"
	R	M	S		
Day Time Headwear					Headwear Notes
Mammut Nubian Hat (new stock Feb)	✓	✓	✓	Adjustable cap with fold away neck curtain and neoprene peak.	
Injinji Desert Hat	✓	✓	✓	Adjustable cap with extensive neck curtain.	
Raidlight Sahara Hat	✓	✓	✓	Adjustable cap with detachable neck curtain.	
X Bionic Femic Bandana	✓	✓	✓	Good head protection and superbly comfortable.	
Montane Pace Cap	✓	✓	✓	Technical Running Cap with quality wicking fabric.	
Under Armour Catalyst Run Cap	✓	✓	✓	Technical Running Cap with quality wicking fabric.	
Inov8 Hot Peak 60	✓	✓	✓	Technical Running Cap with quality wicking fabric.	
Raidlight Cors'r	✓	✓	✓	Good head protection and superbly comfortable. Limited neck cover	
Buff					
Buff	✓	✓	✓	Multitude of uses - headwear, neckwear, face mask against sand etc	
Inov8 Wrag	✓	✓	✓	Multitude of uses - headwear, neckwear, face mask against sand etc	
Buff Visor	✓	✓	✓	As name suggests...Buff with Visor. 95% UV protection Coolmax.	
Night Time Headwear					
Craft Pro Zero WS Skull Hat	✓	✓	✓	Weights practically nothing, but provides good heat retention at night.	
Craft Pro Zero Extreme WS Skull Hat	✓	✓	✓	Weights practically nothing, but provides good heat retention at night.	
X Bionic Soma Light Cap	✓	✓	✓	Lightweight technical Beanie type cap.	
Further suitable headwear available at www.likeys.com					



The UK's biggest supplier of Clothing and Equipment for Ultra Running

SOCKS and CALF GUARDS									
Advice: Whatever socks you go to the Desert with, I strongly advise that you try them out over some long runs prior to attending the event. If you choose to take more than one pair (most people will) its worth considering taking different varieties/brands, just in case any foot problems you might encounter are in part or full caused by the socks - in which case changing to a different sock type (which will likely be cut differently) might alleviate or at least prevent the worsening of a problem.									
	R	M	S						
Bridgedale Endurance Trail Ultra Light	█	█	█	Awesome sock with good cushioning where appropriate. Top choice!!					
X Socks Run Speed Metal	█	█	█	A good all round sock with full foot cushioning					
Injinji Midweight Performance Crew	█	█	█	Very popular toe sock aids blister prevention. Limited cushioning					
Injinji Liner Sock	█	█	█	Very popular toe sock. Ideally worn in conjunction with cushioned socks					
Hilly Twin Skin Lite Plus Ankle	█	█	█	Twin lined socks allowing the foot some protection from shoe friction					
Hilly Mono Skin Trail	█	█	█	A quality sock that offers a good level of cushioning					
X Socks Run Energiser Compression	█	█	█	Long sock with compression benefits.					
Injinji Compression OTC	█	█	█	Long sock with compression and toe fit benefits.					
Bridgedale Womens Endurance Trail	█	█	█	Awesome sock with good cushioning where appropriate. Top choice!!					
2XU Compression Calf Guard	█	█	█	Compression guards that protect against leg fatigue and muscle soreness					
X Bionic Spyker Calf Guard	█	█	█	Partial Compression to aid against Leg fatigue and muscle soreness					
GAITERS - SAND AND DEBRIS									
Advice: Gaiters are pretty well bound to be on your essential kit list as excessive sand in your shoes is probably the biggest reasons for athletes not being able to finish an event. As yet, there isn't a perfect gaiter available on the market but if looked after (and perhaps only worn on the relevant days) the raidlight gaiters are certainly the best choice.									
	R	M	S						
Raidlight Desert Gaiters (New 2012)	█	█	█	Velcro fitted - most popular, breathable comfortable and convenient.					
Inov8 Debris Gaiters	█	█	█	NOT for fine sand deserts (such as MdS), but ideal for Augrabies or similar.					
Raidlight Run Stop Gaiters.	█	█	█	NOT for fine sand deserts (such as MdS), but ideal for Augrabies or similar.					
FOOTWEAR									
Advice: With most desert races taking place over rugged ground, grip is important, but not half as important as cushioning. In the latter stages of any ultra after mile upon mile of pounding, you will be eternally grateful for that bit of spring under your feet. The Inov8 Roclite range meets this criteria perfectly with perhaps the 315's being more suited to the more seasoned runner.									
	R	M	S						
Inov8 Roclite 319	█	█	█	Good support and excellent cushioning (4 out of 4 cushioning).					
Inov8 Roclite 315	█	█	█	Good support with a good level of cushioning (3 out of 4 cushioning)					
Inov8 Roclite 295	█	█	█	Lightweight with good level of cushioning.					
UK Gear PT03 Desert	█	█	█	Tried and tested Desert Racing shoes					
UK Gear PT03 SC	█	█	█	Hard wearing shoes used by numerous ultra runners					
Inov8 Roclite 390 GTX	█	█	█	Lightweight ankle boot, with excellent cushioning (4 out of 4 cushioning).					
Inov8 Roclite 268	█	█	█	Good support with a good level of cushioning (3 out of 4 cushioning)					
Sole Softec Ultra Footbed	█	█	█	Mouldable custom support moisture wicking.					
Sorbothane Sorbo Pro Insoles	█	█	█	Pronation control shock impact protection.					
Further suitable footwear and insoles available at www.likeys.com									
SLEEPING SYSTEMS									
SLEEPING BAG									
Advice: Deserts around the World tend to differ quite a bit with regards to how cold they get at night but typically you will want to be looking for a bag with a temperature rating of between say +4 and -1 degrees centigrade. Women tend to feel the cold more than men, so should perhaps bear that in mind when making your choice. Worthy of consideration is taking a liner bag which will typically add about 5 degrees of warmth and help keep your bag cleaner during the course of the event. For drier environment such as deserts down bags are preferable over synthetic bags both for comfort and packing.									
	R	M	S						
Down Sleeping Bags									
Marmot Atom (long option available)	█	█	█	Most popular desert bag. Full zip, conservatively rated 4 degrees.					
Mammut Ajungtiak Spring (long available)	█	█	█	Super lightweight bag. Full zip, rated men 0 degree, wmn 4					
Marmot Plasma 40 (New Spring 2012)	█	█	█	The Rolls Royce of Lightweight bags...but at a price.					
Marmot Hydrogen (long option available)	█	█	█	Full zip, conservatively rated -1 degrees.					
Marmot Plasma 30	█	█	█	Lightest bag I have ever seen for those that feel the cold - but at a price					
Yeti Passion one.	█	█	█	Super Lightweight, but possibly not warm enough for the majority.					
Raidlight Combi	█	█	█	Sleeping Bag doubles as a Down Jacket					
Synthetic Sleeping Bags									
Marmot Pounder	█	█	█	Lightest synthetic bag rated to 4 degrees.					
Marmot Pounder Plus	█	█	█	Light weight synthetic bag that packs surprisingly small.					
SLEEPING BAG LINER									
Advice: A convenient way of adding warmth to your sleeping system without too much weight, and also helps protect the bag from unavoidable dirt.									
	R	M	S						
Sea to Summit Silk Liner	█	█	█	Packs down to practically nothing - adds surprising level of warmth.					
SLEEPING MAT									
Advice: Having learnt the lesson the hard way, for all but the hardest of competitors a sleeping mat is a must. For days 1,2 and possibly 3 in a multi stage race you can no doubt get away with some discomfort, but in the latter stages when your body starts to ache there is nothing worse than a miserable nights sleep and the minimal weight of a sleeping mat will prove to be no burden at all. Relying on cardboard from the water bottle boxes is probably only a good idea for those at the sharp end of the field.									
	R	M	S						
Self Inflating									
Thermarest NeoAir X-Lite Small	█	█	█	119cm - 260gms Simply brilliant. The most popular choice in 2011 (improved 2012)					
Klymit Inertia X-Lite	█	█	█	Stupidly lightweight at 173 gm 107cm. Good level of comfort and warmth					
Thermarest NeoAir X-Lite Regular	█	█	█	183cm - 410gms Longer version of the Neo Air above - still simply brilliant.					
Klymit Inertia X-Frame	█	█	█	Longer and marginally heavier version of Klymit X-Lite above.					
Thermarest Prolite Extra Small	█	█	█	91cm - 230gms More robust than the Neo, ideal for minimalists					
Thermarest Prolite Small	█	█	█	119cm - 310gms Ticks a lot of boxes with regards to weight/performance					
Thermarest Prolite Regular	█	█	█	183cm - 460gms Ideal for those who want full length comfort					
Mammut Air Pillow	█	█	█	A surprisingly useful bit of kit, that hovers between luxury and essential.					
Closed Cell Foam									
Thermarest Z Lite Regular	█	█	█	390gms full length closed cell pad. Bulky, but light					
Thermarest Ridge Rest Regular	█	█	█	Full length ribbed mat ideal for those on a budget.					
OMM Duomat	█	█	█	Minimalists choice.					

"The miracle isnt that I finished: the miracle is that I had the courage to start"

Socks and Gaiter Notes

"Every Journey of a 1000 miles starts with a single step"

Shoes Notes

"The greatest pleasure in life, is doing the things people say we cannot do"

Sleeping System Notes



For further advice, please don't hesitate to call Martin or Sue

BACKPACKS AND ACCESSORIES

BACKPACKS

Advice: The Backpack is possibly the one piece of kit that most athletes have greatest fun in purchasing, but similarly causes the most anguish in choosing between the products available. As a rule of thumb for multi stage races such as the MdS, a pack of approx 30 litres is the preferred choice. For those going lightweight, a smaller pack whilst only slightly lighter might encourage you to take less kit, whilst those taking part to enjoy the whole experience may wish to take a larger pack (say 35 - 40 litre) to accommodate a few extra creature comforts that you might deem necessary. For non stop races and for races where assistance is provided with transportation of food and equipment a smaller pack (say 5 - 20 litres depending on the race and/or support) will be perfectly adequate.

"Do not walk behind me, for I may not lead. Do not walk in front of me, for I may not follow. Do not walk beside me for the path is narrow. In fact just sod off and leave me alone"

Multi Stage Race (self sufficient)

R M S

Inov8 Race Pack 32				Quite simply the best pack for Multi Day Races that we have seen.
Inov8 Race Pack 25				Quality lightweight racing pack that compliments the new Inov8 front pack
Raidlight Runner R Light 30L				Lightweight and very comfortable pack, numerous packing options
OMM Classic 32L				Lightweight and very comfortable no fuss pack. Bombproof
OMM Classic 25L				Lightweight and very comfortable no fuss pack. Bombproof
Raidlight Adventure 40L				Spacious and very comfortable pack with numerous packing options
Raidlight Evolution 19L + 5L				For the minimalist and or experienced racer, very comfortable.
Inov8 Race Pro 30L				A top of the range pack, with all the required features.
Inov8 Elite 25L				Super lightweight suitable for weight weenies.

Back and Front Pack Notes

Non Stop or part supported races

R M S

Raidlight Olmo 20L				Light, practical and well considered with integrated bottle holders
Raidlight Endurance 10L				A technical comfortable day pack - the most popular choice
OMM Adventure Light 20L				As with all OMM products, simply great with no fuss
OMM Ultra 15				A personal favourite - quality and practical
OMM Last Drop 10L				A no fuss light and very comfortable pack.
Inov8 Race Elite 15L				Super light weight
Inov8 Race Pro 12L				Lightweight but robust and very comfortable

Further suitable Backpacks and Bum Bags available at www.likeys.com

FRONTPACKS

Advice: For many athletes a front pack is a very popular and in most cases a very sensible choice. Having all your daily needs (such as trail food, nuun, road book etc) close at hand will save you considerable time over a 7 day race

	R	M	S	
Inov8 Race Pack 2				Compatible only with new Inov8 Race Pack 32 and 25 to make a super pack
Raidlight Equilibre Front Pack				Will fit most packs (Raidlight, OMM). Will also hold 2 bottles.
Raidlight Front Pack Trail				A slimmer version of the R Light. Doesn't hold water bottles, but that's good!
Raidlight Endurance Pouch				Useful addition to any pack with a waist belt
Inov8 Race Mesh Pocket				Useful addition to any Inov8 pack

HYDRATION

Advice: Method of hydration is going to be high on everyones list of importance. The two principle options are going to be bottle(s) or bladder(s). For multistage races, bottles are the only real options as bladders can be difficult to fill at checkpoints, dont give the athlete the option to have both water and electrolyte and finally over 7 days, there can be hygiene problems. For non stop races, bladders can be considered, but bottles for many will still be the preferred option. With the bottles, the considerations are regarding the size, with 600ml and 750ml being the common choice. For runners I would suggest you err towards the smaller bottles as these tend to bounce considerably less when full.

"Pain is only temporary, Pride is for ever. Pain passes with time and Time passes"

Bottle System

R M S

Raidlight Shoulder Straps				Simply slide onto the shoulder strap of the backpack. Popular choice
Inov8 Bottle Holders (2012 Version)				Ideal for Inov8 packs (sadly non available until late Spring).
Raidlight 750ml Bottle with tube				Standard water bottle, with added drinking tube.
Nuun 500ml Bottle				Standard no fuss water bottle. If there's such a thing as a good bottle this is it
Inov8 500ml Bottle				Standard no fuss water bottle.
Raidlight 600ml/800ml Bottle				Standard no fuss water bottle.
Platypus Soft Bottle with hyperflow cap				Comes in 500ml and 1 litre sizes. Compact and surprisingly tough.

Hydration Notes

Bladder System

R M S

Platypus Hoser 1L/1.8L/2L				Standard no fuss water bladder.
Platypus Big Zip 1.8L/3L				Large mouth for easy filling.
Inov8 Horizontal Bladder 2L				Perfect for suitable Inov8 backpacks.

Further suitable Hydration options available at www.likeys.com



Largest Desert range coupled with unbiased knowledge available anywhere in the World.

COOKING AND FOOD			
STOVES			
Advice: Due to airline regulations, many stove fuels are banned from going on the plane and as a result you will be obliged to either purchase fuel from the race organiser or indeed the organisers in some events will provide hot water at the camps. But if you are flying to a location where you will have access to fuel, then you might want to consider a gas or multifuel stove.			
	R	M	S
Esbit Titanium Folding Stove	■	■	■
Esbit Foldable Stainless Steel Stove	■	■	■
MSR Micro Rocket	■	■	■
Silverpoint Jet Flame Lighter	■	■	■
Esbit Hexamine Block	■	■	■
POTS AND UTENSILS			
Advice: Unless you intend to eat your food cold you are going to need a cooking pot of some description to heat your water. As with many of the choices you will make in collecting your kit, it will come down to price over weight. That said, the Titan Kettle is a pricey bit of kit, but is probably one of the most popular items we sell to desert racers. As for cutlery, a few years ago a spork was a myth that couldn't be found for love nor money, now there are more options than you can shake a stick at. A titanium spork is certainly the #1 favourite, but now with the option of a folding spork, it provides you with a further dilemma of which to take.			
	R	M	S
Esbit Titanium Pot	■	■	■
MSR Titan Kettle	■	■	■
MSR Titan Cup	■	■	■
Sea to Summit X Mug	■	■	■
Esbit Folding Titanium Spork	■	■	■
Nordisk Titanium Long Spoon	■	■	■
MSR Titan Tool Spoon	■	■	■
MSR Heat Reflector with Windscreen	■	■	■
Optimus Terra Solo 0.6L Cookset	■	■	■
<i>Further suitable Cooking bits and bobs available at www.likeys.com</i>			
FOOD			
Advice: For the majority of people it would be impractical to take anything other than dehydrated food as the basis for all your main meal requirements. From the Extreme Adventure Food range, all the main meals and Breakfast provide 800+ cal each whilst the puddings are typically around 500 cal. Both Mountain House and Extreme Adventure Foods come in quite an extensive range, so do take plenty of choice as your taste buds will thank you in the latter stages of the event. For a 7 day race (such as the MdS) you will typically need 7 x breakfasts, and 6 x Main Meals and Puddings (hopefully on the 7th day you will be back in the luxury of a Hotel to benefit from proper food for the first time in 168 hours... :o))			
Dehydrated Food			
	R	M	S
Extreme Adventure Food Breakfasts	■	■	■
Extreme Adventure Food Main Meals	■	■	■
Extreme Adventure Food Puddings	■	■	■
Mountainhouse Food Main Meals	■	■	■
Mountainhouse Food Puddings	■	■	■
BARs, GELS AND ELECTROLYTES			
Advice: Energy Bars and Gels certainly do what they are intended to do - that is provide energy when the body needs it. However, I wouldn't advise relying on either of these options throughout the whole race as their palatability certainly diminishes during the course of the event. The odd bar or gel each day is good, but I would certainly supplement your trail food with less scientific products that you know you will like even when your body is shattered, such as nuts, pork scratchings, jelly babies etc. As with most things, try the bars and gels in training before going to the event to see how you react to them when tired. Electrolytes are a must and the convenience of nuun tablets make it an ideal choice. If using 2 bottles, I suggest you keep one solely for nuun and the other for plain water.			
Energy Bars			
	R	M	S
Mulebars	■	■	■
Mulebar Mega Bite	■	■	■
Powders			
	R	M	S
Peronin	■	■	■
Gu Brew	■	■	■
Energy Chews			
	R	M	S
Gu Chomps	■	■	■
Protein Bars			
	R	M	S
Mulebars Refuel	■	■	■
Gels			
	R	M	S
Mule Bar Kicks Gels	■	■	■
Gu Gels	■	■	■
Gu Roctane Ultra Endurance Energy Gel	■	■	■
Electrolytes			
	R	M	S
Nuun	■	■	■
High Five Zero	■	■	■
Elete add-in	■	■	■
Elete Tablytes	■	■	■

Run like Hell... .. and get the Agony over with"

Cooking Notes

"The five S's of sport are: Stamina, Strength, Speed, Skill and Spirit: but the greatest of these is Spirit"

Food Notes



Our telephone number is (01874) 711850

COMPULSORY KIT, MEDICAL AND EMERGENCY						
ANTI VENOM PUMP						
Advice: For most desert races this is a standard piece of compulsory kit					"All it takes, is all you have got"	
	R	M	S		<u>Compulsory Kit Notes</u>	
Aspivenin Venom Pump	█	█	█	With a variety of nozzels - you only need to take one		
FIRST AID KIT						
Advice: All races I can think of require the athlete to carry a first aid kit of some description, albeit most don't define what the contents of such a kit should comprise of. The Adventure Medical Kits are designed with runners in mind, so at least the contents are relevant to your pursuit. However, you may wish to personalise your kit to accommodate items that are personally relevant to how you intend to approach the event. i.e if you intend to tend to your own feet rather than use the race medics, you may wish to take some blister dressings etc.						
Medical Kits				R	M	S
Adventure Medical Kit 0.3	█	█	█	Lightweight and containing the essentials.		
Adventure Medical Kit 0.5	█	█	█	A more comprehensive kit but still lightweight.		
Adventure Medical Kit 0.7	█	█	█	Overkill for most events - a good choice if you have use beyond race		
Ortlieb First Aid Kit	█	█	█	Waterproof lightweight First Aid Kit containing the essentials.		
Additional bits and bobs				R	M	S
Engo Blister Patches	█	█	█	A tested and proven product to help prevent blisters.		
Engo Heel Blister Patches	█	█	█	A tested and proven product to help prevent blisters.		
Strappal Dream Tape 4cm or 2.5cm	█	█	█	Brilliant super sticky tape that ought to be part of everyones essential kit.		
BodyGlide Stick SPF 25	█	█	█	Anti-chafe sports lubricant, non sticky and suitable for sandy environment		
Anney Sun Cream	█	█	█	SPF 50 non greasy sun protection and sensible sized tube.		
Anney Sunlip	█	█	█	SPF 50 non greasy sun protection for your lips.		
Uvisport Lip Screen	█	█	█	SPF 50 non greasy transparent sun protection for your lips.		
AMK Blister Medic	█	█	█	A useful addition to any medical pack		
AMK Moleskin Blister Dressing	█	█	█	A useful addition to any medical pack		
Further suitable First Aid Products available at www.likeys.com						
COMPASS						
Advice: A basic compass is usually all you will need as navigation is seldom an issue unless competing at the front.						
	R	M	S			
Recta DT 100	█	█	█	No fuss basic but proper compass		
Silva Field 7	█	█	█	No fuss basic but proper compass		
Recta DT 220 Sport	█	█	█	A simple compass but with larger base plate, scales and magnifier		
Silva Expedition 4	█	█	█	Top quality fully functioning compass - useful if has a use beyond desert.		
Recta DT 420 Elite	█	█	█	Top quality fully functioning compass - useful if has a use beyond desert.		
Further suitable Compasses available at www.likeys.com						
SIGNAL MIRROR						
Advice: Part of the essential kit for most races.						
	R	M	S			
AMK Rescue Flash Signal Mirror	█	█	█	Small and compact with sighting hole. Popular choice		
SURVIVAL BLANKET						
Advice: Part of the essential kit for most races.						
	R	M	S			
AMK Heatsheets Survival Blanket	█	█	█	Basic Light and compact		
Surviva Jacket	█	█	█	Jacket version Emergency Garment (as seen on Dragons Den!!!)		
AMK Heatsheets Emergency Bivvy	█	█	█	Very lightweight and compact bivvy. Popular choice.		
AMK Heatsheets Thermo-Lite 2 Bivvy	█	█	█	Superior survival bivvy - useful if you have a use beyond this event		
WHISTLE						
Advice: Part of the essential kit for most races. You might already have one forming part of the chest strap of your backpack.						
	R	M	S			
AMK Rescue Howler	█	█	█	Popular choice and flippin loud.		
KNIFE						
Advice: Part of the essential kit for most races. Strongly advise you have a knife with a scissors - from personal experience, the scissors has by a country mile been the most useful tool either for cutting medical tape or for taking the top off food bags or for general kit adjustments.						
Knives				R	M	S
Victorinox Classic SD	█	█	█	A simple lightweight pocket knife with scissors etc. #1 choice.		
Victorinox Jelly Swiss Card	█	█	█	Credit card size (nearly) with all the essential attachments		
Multitools						
Gerber Vice	█	█	█	A lightweight multitool with pliers		
Gerber Suspension	█	█	█	A substantial multitool with numerous applications.		
HEADTORCH						
Advice: An essential piece of kit. The decision choice will be between weight and power of illumination. At one end of the spectrum you have the extremely lightweight Petzl E lite, which for many will be perfectly adequate for the any desert multistage race, although for most people, more illumination for the night stage (if applicable) might mean that its worth looking at the Tikka XP2 or perhaps the Tikka/Zipka Plus. All of the headtorches suggested below can be considered lightweight, its just down to personal preference and how you want to balance the weight and the light.						
	R	M	S			
Petzl Tikka XP2 NEW 2012 - 80 Lumens	█	█	█	Superb headtorch that offers best ratio of of light to weight #1 choice		
Petzl E Lite	█	█	█	Ridiculously lightweight headtorch, suitable for absolute weight weenies.		
Petzl Tikka/Zipka Plus2	█	█	█	Excellent Headtorches, but suggest pay a few quid more and get the XP2		
Silva Trail Runner Plus	█	█	█	Top quality lightweight headtorch		
Led Lenser H7	█	█	█	A slightly heavier option, but super bright.		
Energizer Batteries	█	█	█	Pick to suit headtorch (AAA, AA, CR 2032)		
Further headtorches available at www.likeys.com						



..... Or pop and see us near Brecon.

HYGIENE			
HYGIENE			
Advice: Hygiene should be high on any athletes mind when taking part in any desert ultra. Upset stomachs are a very common occurrence as a result of poor hygiene (food preparation and eating with dirty hands) and consequently result in poorer performance, which after months of training can be a bit of a bummer.			
	R	M	S
MSR Packowl Soap	■	■	■
Sea to Summit Soap leaves	■	■	■
MSR Packowl Ultralite Towels	■	■	■
Wemmi Wipes	■	■	■
Lifemarque Dry Wash	■	■	■
Shewee	■	■	■
MISCELLANEOUS			
WALKING POLES			
Advice: A piece of kit that is often overlooked by athletes and in some cases regretted. For all but the racing snakes, walking poles ought to be a consideration particularly now that there are some extremely lightweight options available. For many athletes on finishing an event the poles will be regarded as their top bit of kit after their pack and shoes.			
	R	M	S
Mountain King Trail Blaze Poles	■	■	■
Raidlight Trek Poles	■	■	■
Leki Micro Sticks	■	■	■
Leki Traveller Poles	■	■	■
Leki Carbonlite Poles	■	■	■
Range of Walking Pole accessories such as baskets and attachable compasses available from www.likeys.com			
SUNGLASSES			
Advice: A must have item. The races that include a night stage, the glasses with reactor type lens (such as the Explorer Chameleon and Trail) might be the preferred option as they will continue to be useful during the dawn and dusk period. Cat 4 lenses are recommended for bright Sunshine over prolonged periods			
	R	M	S
Julbo Explorer Alti X6 with Chameleon	■	■	■
Julbo Explorer Alti X6 Titanium	■	■	■
Julbo Trail Zebra	■	■	■
Bloc Shifter XR	■	■	■
Bloc Leopard	■	■	■
Bloc Daddy P130	■	■	■
Bloc Stingray XR	■	■	■
Bloc Stoot XR	■	■	■
Bloc Scorpion X303	■	■	■
Julbo Neoprene Bands	■	■	■
WATCHES and HRM			
Advice: It's a piece of kit you probably already have in your armoury. The only advice I can give is that racing in the desert is likely to knacker your watch, so don't take a whizzy expensive one. The ones suggested below provide a lot of information, but hopefully wont break the bank.			
	R	M	S
Timex Gents Camper	■	■	■
Garmin Forerunner 110 + HRM	■	■	■
Garmin Forerunner 310XT + HRM	■	■	■
Garmin Forerunner 610 + HRM	■	■	■
Larger range of Watches available from www.likeys.com			
TRAINING LOGS AND BOOKS			
Advice: For many athletes keeping track of your progress in the lead up to a big event is a must. Not only as a record of what you have done, but also as a massive incentive to make sure you don't have any massive gaps. The fit food book is the kind of food book you have always wanted, written specifically with runners in mind without too much overbearing techie stuff that can often put you off your food.			
	R	M	S
Ed & Phil Training Log	■	■	■
Ed & Phil Fit Food	■	■	■
Running Beyond Limits	■	■	■
Raidlight Ultramarathon Guide	■	■	■
Ultimate Marathon Man DVD	■	■	■
ELECTRONIC			
Advice: Nowadays many runners like to take along electronic devices that require some form of recharge system and/or protection from the elements.			
	R	M	S
Groov-e Solar Charger	■	■	■
Sealline iSeries ipod/phone case with jack	■	■	■
Sealline iSeries ipod/phone case	■	■	■
Further e Cases available from www.likeys.com			

"No one ever drowned in Sweat"

Hygiene Notes

"Its rude to count people as you pass them.....Out Loud"

Miscellaneous Notes



Kettle is always on..... Choc biscuits available if we know you are coming!

www.6633ultra.com	The 6633 Ultra is quite possibly THE toughest foot race on the Planet. 120 or 350 miles through the Canadian Arctic when climatic conditions are at their worst - next race starts March 2013
www.fireandiceultra.com	The Inaugural Fire and Ice Ultra in Northern Iceland takes place at the end of August 2012. The race over 7 days covers a distance of 150 miles and includes Glaciers, Volcanoes, Lava Flows, Geysers and Waterfalls