

MANDATORY ITEMS

ITEMS	13KM	25KM	50KM	100KM	REMARKS
Headlamp		Yes	Yes	Yes	AUTOMATIC DQ
Extra Batteries For Headlamp			Yes	Yes	Option : 2nd Headlamp is allowed
Emergency/ Space Blanket		Yes	Yes	Yes	AUTOMATIC DQ
Waterproof/ Windproof Jacket/ Poncho			Yes	Yes	AUTOMATIC DQ
Mobile Phone	Yes	Yes	Yes	Yes	AUTOMATIC DQ
Compass			Yes	Yes	
Whistle		Yes	Yes	Yes	
Basic First Aid Kit		Yes	Yes	Yes	
Personal Drinking Cup	Yes	Yes	Yes	Yes	
Water Bottle/ Bladder	500ml	500ml	1 Litre	1 Litre	AUTOMATIC DQ
Ziplock bag For Personal Trash	Yes	Yes	Yes	Yes	
Energy Gel/ Bar (Energy Food Source)		Yes	Yes	Yes	
Buff/ Cap		Yes	Yes	Yes	
Spoon and Bowl	Yes	Yes	Yes	Yes	Min. Drinking Cup (for Hot meals)
Gloves			Yes	Yes	
Trail Running Shoes	Yes	Yes	Yes	Yes	AUTOMATIC DQ
Recommended Items					
Anti Chafing Cream/ Vaseline			Yes	Yes	
Spare Socks			Yes	Yes	
Reflective Vest	Yes	Yes	Yes	Yes	
Sunblock/ Sunscreen		Yes	Yes	Yes	
Spare Running Top				Yes	
Sunglasses	Yes	Yes	Yes	Yes	
ID and Money	Yes	Yes	Yes	Yes	
Facemask	Yes	Yes	Yes	Yes	
Hand Sanitizer	Yes	Yes	Yes	Yes	
Hiking Poles				Yes	Note No. 3

Notes :-

- Mandatory items will be checked at AS6/ AS3 Changkat Ibol for MY100 and MY50 respectively and randomly at selected checkpoints for MY13 and MY25.
- Automatic = dismissal from the race course
- Poles must be use from start to finish. No abandonment is allowed and should not be dropped in midway drop bag (1 hour Penalty)
- Headlamps (recommended 200 lumens and above) - phones and watches are not acceptable.
- Water bottle/bladder are sealed and resealable container(s) designed for hydration (plastic bags are prohibited)

Updated: November 2025

