

Tip Sheet

ULTRA TRAIL DU MONT BLANC : 166 km / D+9.400

The UTMB[®] is undoubtedly one of the World's finest mountain races from a variety of courses around the alpine roof of Europe. An unmissable event whose fame is legendary!



The Word of Cyril COINTRE, 5^{ème} UTMB[®] 2010

Try to mentally dramatize the event, although this will be hard because the challenge is so great it will help come the day. If you arrive on the day physically prepared but not mentally then there is a risk you will lose the day.

You must try to turn all this stress, these dreams and other nightmares that accompanied you in all those prerace nights in a positive energy that will push you to challenge yourself...

One final point with specific regards to equipment and food; come race day avoid last minute plans and keep to tested items that you have used several times before. The race itself can provide many surprises along the course so it is best try and at least reassure yourself on what you can control and optimize; such as food and equipment.

There you are, with the music of Vangelis at start in the ears, you feel to the conquest of a new world, that of the Ultra. Chills pass through the body, the departure is given and you are going to live this long journey, punctuated by difficulties and extraordinary moments, wide open your eyes and away you go...

The advice of the Raidlight Team to prepare for the UTMB[®]

Despite the side festivities that frame this event, do not forget that it is a serious mountain course: climate conditions change between the mountain passes and valleys and therefore close attention should be given to providing versatile equipment to guard against the cold, particularly at night where the temperature can lower to freezing.

Moreover, this kind of sustained effort requires a specific power management, this is why dietitian Nicolas Aubineau, offers advice on how to manage at best before and during the race.

Finally, you will find a few training tips that will be useful for your preparation to this great challenge.

Good reading!





Obligatory equipment (taken from the [race settlement](#))

<p>Obligatory equipment (required prior to departure)</p>	<ul style="list-style-type: none"> • Mobile phone with option enabling its use in the three countries. (Put in its directory Numbers safety organization, does not hide its number and do not forget to leave with charged batteries). • Minimum of 1 litre water • Cup, minimum 15cl • 2 Torches in good working order with spare batteries. • Survival Blanket 1.40m x 2m minimum • Whistle • Elastic adhesive bange enabling to make a bandage or straping (minimum 100cm x 6cm). • Food reserve • Jacket, with a hood, capable of withstanding the bad mountain weather and made with a waterproof (minimum recommended: 10 000 Schmerber) and breathable (RET recommended less than 13) membrane (Gore-Tex or similar) * • Additional warm midlayer top: One single midlayer long sleeve top for warmth (cotton excluded) with a minimum weight of 180g (Men, size M) OR a two piece clothing combination of a long sleeve baselayer/midlayer for warmth (cotton excluded) with a minimum weight of 110g (Men, size M) and a windproof jacket** with DWR (Durable Water Repellent) protection • Long running trousers or leggings or a combination of leggings and long socks which cover the legs completely • cap or bandana • Warm hat • Warm and waterproof gloves • Waterproof trousers
<p>Required by customs</p>	<ul style="list-style-type: none"> • Identification papers
<p>Very highly recommended</p>	<ul style="list-style-type: none"> • Essential clothing and replacement in the event of cold conditions. • Walking poles • Knife, or scissors to cut bandage • 20 euros minimum to cover the unexpected
<p>Advised (list not definitive)</p>	<ul style="list-style-type: none"> • Extra clothing • compass • Knife • String • Sun cream • Vaseline or anti chaffing cream • Map/road book of the route



Full equipment list

The choice of your equipment is personal. It depends above all on:

- your physical level, which will determine your time on the ground, race conditions (night, temperature...), and your food needs in the race and out of the race.
- your desired comfort level for the event.
- your habits and your experience; it is better be a little more heavy the first few times.




Last tip: **check the weather before departure** in order to adapt your equipment under the conditions provided. Below is an illustration of a possible kit scenario and associated weight;

Category	Article	Weight	Remarks
Feet and shoes			
	Mini gaiters Stop Run	100	Guards against mud, or potential pebbles entering the shoe.
	R-Light socks	50	Or Toe Socks for improved hygiene of the feet
	Shoes Light Team 004	290	Lightweight supportive shoe
Bags			
	Bag OLMO 20L + 1.5 L water bladder	590	Or bag endurance 14L
	Pockets suspenders + pockets Endurance	20	Easy access to the bars and small equipment
Clothing			
	Ultralight waterproof (top & bottoms)	295	Very light!
	Trail Raider bottoms	215	Large pockets mesh and belt comfort
	Microplaire Trail Raider	340	As a garment of race
	Jersey Perfomer ML	210	
Accessories			
	Sahara Cap	65	The sun flap comes out and can be removed if necessary
	Pass mountain + gloves trail touch + mittens MP+	95	
	Sticks Trail Carbon	175	Solid, ultralight and ultra-compact
	Lamp Petzl Nao	187	Programmable for optimized lighting
	Lamp Tikka	85	Complementary to a frontal, ultralight
	Survival blanket + whistle	70	
	Identity pouch	30	In waterproof pouch
	Food reserve: 2 bars + 2 gels	100	In reserve. A do not touch except...
	Water with energy drink	1000	Drinking and eating from the beginning

Weight (In grams)

3'917


Clothing

Item	Weight	Characteristics
<p>Ultralight Performer shirt</p> 	<p>95g</p>	<p>The ultra light and breathable technical shirt</p> <ul style="list-style-type: none"> • Fabric DryLight • Ultralight (95gr) • Breathable • 100% stretch • Reinforced silicone on shoulders • Half zip • 2 side mesh pockets
<p>Or alternatively: the Performer shirt</p> 	<p>115g</p>	<p>The comfortable and versatile jersey</p> <ul style="list-style-type: none"> • 100% stretch • Breathability: highly breathable mesh 2 recycled polyester • Comfort • Quick dry • 2 side pockets • Reflective Prints • Tubeclip for container tube
<p>Second layer or in cold conditions: long sleeve jersey Performer</p> 	<p>210g</p>	<p>The ideal top for cool conditions</p> <ul style="list-style-type: none"> • Thermal • Mesh resistant recycled polyester and bamboo • Breathable • Stretch • Protection from sun and cold • Half zip to regulate the body T ° • Comfort: up collar • 2 side pockets + 1 zip pocket on arm • Reinforced silicone on shoulders • Tubeclip for ROKO bottle tube

<p>Ultralight Protection</p>  <p>MATERIEL OK ULTRATRAIL</p> <p>190g</p> <p>105g</p>	<p>The ultimate essential lightweight combination that is waterproof and windproof (Wind and/or rain in the Mountains is most likely...)</p> <ul style="list-style-type: none"> • Light and stretch material (Membrane + MP Stretchlight) • Hood with adjustment 2 points • Waterproof (10'000 mm Schmerber test), • Breathable (10'000 g/m2/24 h) • Anthracite/blue fabric: 15000 schmerbers and 15000 g/m2/24 h • Wind • 1 side pocket for a phone a bar or gels • Packs in its pocket • Directional Quad stretch
<p>Second thermal layer: micropolar Trail Raider</p>  <p>340 g</p>	<p>Recommended during cool conditions & night</p> <ul style="list-style-type: none"> • BI-material: fabric more breathable and less hot under the arms and in the middle of the back. • zipped 3 pockets: 2 side and 1 on the sleeve • End of arm extra-stretch material to cover wrists and palms of the hand (+thumb hole) • Heat insulation and breathability
<p>Waterproof & windproof : Top Extreme Jacket</p>  <p>MATERIEL OK ULTRATRAIL</p> <p>220g</p>	<ul style="list-style-type: none"> • Membrane MP + Mac-resistant • Impermeability (15'000 mm Schmerber test) • Breathability (15'000 g/m2/24 h) • Windbreaker • If condensation forms on the window for the watch, adapt the technique of divers: put some saliva on the Interior side of the window.


Feet & Shoes

Item	Weight	Characteristics
<p>STOP RUN Gaiters</p> 	100g	<p>Efficient and easy to use ; avoids the intrusion of rocks, snow, & mud in the shoes.</p> <ul style="list-style-type: none"> • Stretch • Breathable • Interchangeable tongue in case of breakage or wear • Attachment/adjustment points protected under front flap • Zip foot neck to adjust without removing the gaiter lacing • Ankle protection in scree with foam reinforcement
<p>R-LIGHT Socks</p> 	58g	<p>They will bring you very good comfort with Polyester COOLMAX® in ergonomic areas</p> <ul style="list-style-type: none"> • Comfortable • Breathable • Made in France • Support around the foot arch to help good posture <p>Provide optionally 1 pair mid race or 1 at each checkpoint if you have crew and time.</p>
<p>Five toes socks</p> 	50g	<ul style="list-style-type: none"> • Keeps all the toes separated from each other: Therefore, less problems from blisters and friction between the toes ; also improved hygiene of the feet via technical wicking. • Allows moisture wicking and quick drying • Support around the arch and neck of the foot to help good posture. • Tested & validated by clients <p>Provide optionally 1 pair mid race or 1 at each checkpoint if you have crew and time.</p>
<p>Shoes Raidlight 004 Coming Soon !</p> 	290g	<ul style="list-style-type: none"> • Shoe designed for fit and maximum comfort. • Ultralight • Lycra inner lining to help protect from sand/grit • Lacing with pressure distributor • Optimized reinforcement Zones • Drop 12 mm

		<ul style="list-style-type: none"> • Stability and grip: 6 mm studs • Comfortable Footwear stabilized by a 4 axial fitting
<p>NOK Cream</p> 	<p>75ml</p>	<p>Anti-abrasion cream</p> <ul style="list-style-type: none"> • skin protection • water and perspiration resistant • Reduced friction to stop/reduce blisters formation. • Increased suppleness of the skin and therefore reduced abrasion/chaffing • softens the articular system

Bags

Item	Weight	Characteristics
<p data-bbox="245 546 464 577">Ultra Olmo 20 L.</p> 	<p data-bbox="691 748 759 819">20 L. 590g</p>	<ul data-bbox="858 517 1493 1133" style="list-style-type: none"> • Ultralight (630g) • Rear compartment simple to access and spacious • Mesh stretch compartment on the front. • Ergonomic design to evenly bear the load on the shoulders thus providing better comfort • Cable Connection "Jack" for phone or MP3 • Raidlight belt cover on the hip belt to avoid friction against clothing. • Bottle holder on straps with mesh pockets • Pole holder located on the straps • Small zippered pocket on top • 2 large stretch mesh pockets on the front • 2 waist pockets, one zippered • Zippered pockets straps
<p data-bbox="277 1256 437 1288">TRAIL XP 14</p> 	<p data-bbox="667 1335 740 1442">14L. 580 g</p>	<ul data-bbox="858 1319 1493 1621" style="list-style-type: none"> • Lightweight 580g • Water Bladder option • Compression straps to help secure loads. • 2 x Flask 200ml holders • Multi pocket for a phone or gels, removable. • Jack Cable connection for iphone and music • Easy access • Enlarged belt for better comfort





<p style="text-align: center;">Olmo 12 L.</p>  <p>The image shows a RaidLight Olmo 12 L backpack, which is ultralight and designed for trail running. It features a white and blue color scheme with a prominent lime green lower section. The backpack has a stretch mesh compartment on the front, ergonomic shoulder straps, and a hip belt with a cover. It also includes bottle holders, pole holders, and various pockets for gear.</p>	<p style="text-align: center;">12 L.</p> <p style="text-align: center;">560g</p>	<ul style="list-style-type: none"> • Ultralight (560g) • Rear compartment simpler and more spacious • Stretch mesh compartment on the front. • Ergonomic design to evenly bear the load on the shoulders thus providing better comfort. • Cable Connection "Jack" for phone or MP3 • Raidlight belt cover on the hip belt to avoid friction against clothing. • Bottle holders on straps with mesh pockets • Pole holders located on the straps. • Small zippered pocket on top • 2 large stretch mesh pockets on the front • 2 waist pockets, one zippered • Zippered pockets on straps
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Accessories for Bags



Items	Weight	Remarks
<p>Front Pack Ultra 4L.</p> 	<p>4 L. 225g</p>	<p>Front sack 4 litres:</p> <ul style="list-style-type: none"> - to keep on hand essential equipment - Isothermal location to carry a large bottle - Wallet transparent for a map -2 Side pockets, compatible with bottles - Suitable for backpacks of any brand - 1 inner mesh pocket for water pouch - Central passage hole hose specially designed for our Front Bladder
<p>Compartment avant EQUILIBE R-LIGHT</p> 	<p>225g</p>	<p>5 liter compartment that easily attaches to the front of a rucksack. It can also carry a bottle on the front. Transparent Map holder, bottle cooler compartment. The use allows balance between the front and the back for comfort. This also gives you access to the road-book, and a lot of small equipment</p> <p>COMPATIBLE WITH ALL OUR BAGS & OTHER BRANDS</p>
<p>Bottle Holder</p> 	<p>70 g (without bottle)</p>	<p>With easy access to drink in bottles, this is the best solution for combining rear backpacks, and drinks in bottles. For bottles with straws: careful not to over tighten the cap, otherwise suction maybe difficult.</p>
<p>Extra Pouch</p> 	<p>5g 5x11x4 cm</p>	<p>Accessory pouch for bars, gels or mobile. Attach to the straps of bags. Can be attached to the shoulder strap or belt strap.</p> <ul style="list-style-type: none"> • a large zippered pocket • A mesh pocket • wide elastic fixing loops

Accessories



Item	Weight	Characteristics
<p>Cap</p> 	65g	<p>Essential head wear.</p> <ul style="list-style-type: none"> • Lightweight • Breathable <p>Has a removable sunflap that allows you to adapt it to the conditions.</p>
<p>Pass Mountain Raidlight</p> 	34g	<ul style="list-style-type: none"> • Thermal • Breathable • Light • Comfortable • Versatile <p>Complementary to cap, it can also serve as a neck warmer or cap for the night.</p>
<p>Wintertrail Beanie</p> 	40g	<p>Indispensable during cold conditions Protects the head and ears whilst allowing breathability</p>
<p>Trail Touch Gloves</p> 	75 g	<p>Softshell gloves that will be useful depending on weather conditions and definitely the night.</p> <ul style="list-style-type: none"> • Has a notch at the end of the index finger and thumb that allows you to use touch screen and other electronic items with ease. • Padded foam palm • Cuff with Velcro for snug fit





	<p>MP+ Stretch light overmitts</p> 	<p>20g</p>	<ul style="list-style-type: none"> • Ultra-Light Weight • Waterproof • taped seams • Breathable • Wind Cup • 100% Stretch • Tightening velcro wrist
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Your Choice</p>	<p>Petzl Nao Headlamp</p> 	<p>187g</p>	<p>Amount of light: 7-355 lumens</p> <ul style="list-style-type: none"> • Lighting distance: 9-108 meters • Lamp with REACTIVE LIGHTNING technology instantly and automatically adapts the beam shape and power of two LEDs according to lighting needs • Light duration increased through optimized use of the energy source. • Rechargeable Li-Ion rechargeable via USB • Good lamp stability on the head • Resistant to extreme temperatures (-30 ° C to 50 ° C)
	<p>MyoRXP headlamp</p> 	<p>175g</p>	<p>Light quantity : 205 lumens</p> <ul style="list-style-type: none"> • lighting power control • > 86 hours of battery life with program number 1 • Comfortable and stable activity
	<p><u>For a slower runner</u> Tikka XP2 headlamp</p> 	<p>95 g</p>	<p>Luminance: 120 Lumens Lighting distance: 50 meters illumination</p> <p>The Tikka XP2 is sufficient to walk at night, or to run slowly. For fast downhill, it will not be enough</p> <p>Do not forget spare batteries and test the time of your batteries ...</p> <p>It is really important to have two lamps in case there is one that fails!</p>

Your Choice	Alu Treklight Poles 	290g	<ul style="list-style-type: none"> • Rigid, Aluminium • Ergonomic handle cork appearance • Comfort Strap • Telescopic 3 strands (diameter 16/14/12 mm) • Screw lock • Tungsten tips. 	<p>The sticks will save effort on uphill, provided they are used. Downhill, they can balance even the somewhat agile runners. A good technical descent can therefore be traversed more effectively with sticks.</p>
	Carbon Trail Poles 	175g	<ul style="list-style-type: none"> • Light and solid (carbon) • Kevlar Tip • 3D handle comfortable and grooved foam • Small footprint thanks to the 3 segments • Quick and easy Unfolding by tensioning a cord paragliding • Comfortable and detachable strap 	
	Bâtons Carbon R-light 	220g	<ul style="list-style-type: none"> • Telescopic • Equipped with a quick release strap system 	
Eco-cup  	20g	<ul style="list-style-type: none"> - Lightweight, unbreakable, - Slightly soft - Easily folds into itself for minimise storage usage. - reusable indefinitely With 25g + Neoprene Cover 		

	<p>8gr</p>	<p>Whistle</p>
	<p>70g</p>	<p>Survival Blanket Pliée : 7,5 x 10 cm Dépliée : 150 x 240cm70gr</p>




Hydratation

<p>Smartube Kit Complet</p> 	<p>150g</p>	<p>Full package: tube, pipette, valve, spring protection, fixation strap clip or velcro.</p> <p>Compatible with the container of the most popular drink in the world: the water bottle ...</p>
<p>Softflasks 600ml or 350ml</p> 	<p>35g 45g</p>	<p>The most versatile means of hydration on the market with its "Press to drink" system.</p> <p>No water sloshing effect ; as it folds on itself as it empties</p> <p>Compatible on pockets on the shoulder straps of the Olmo bags and many other brands.</p>

<p>Bladder 1.5L. or 2.5L</p> 	<p>200g</p>	<ul style="list-style-type: none"> • BPA Free • Tube length: 1m • Tube protected with a neoprene sheath • Cap opening for filling and cleaning facilities • Flexible valve with anti-leakage valve
<p>Thermal Isobag</p> 	<p>25g</p>	<p>With its large zipped opening, simply slide your water bladder (1.5 2.5L) in this insulating cover to benefit from insulation against heat or cold and your hydration will be protected from weather</p> <p>Contains 2 loops to attach the isobag in your backpack.</p> <p>Contains an opening to slide a handle through for easy gripping</p>
<p>Bottles Press to drink</p> 	<p>600 ml 80g</p> <p>750 ml 95g</p>	<ul style="list-style-type: none"> • Transparent Bottle (BPA Free) • Flexible Tube • Its exclusive design, thanks to its inner tube, allows you to suck water up from the bottom of the container • Pipette valves prevent a vacuum forming and allow liquid to be sucked up easily.
<p>ROKO Bottle</p> 	<p>750ml 160g</p>	<p>Allows rear compartment bottle holders to be used as drinks supply without the need to remove the bottle.</p> <ul style="list-style-type: none"> • Easy to fill at drinks stations • Ideal complement to Tubeclip system present on some of our jerseys





Food reserve

The definition of « food reserve » in this case means a minimum to be maintain the bottom of the bag in case of an emergency. This should not be used in the race.

	<i>Item</i>	<i>Weight</i>	<i>Information</i>	<i>Remarks</i>
Reserve to maintain In case of problem.	Speed gels Fruit BIO PUNCHPOWER 	25g	Quick-impact energy, can be absorbed quickly and easily, even when you are tired.	Rapid acting, they are to be taken in the event of "change of circumstances" ie an unexpected emergency
	Energetic bars JELLYBAR GO2 	25g	The bars are quick energy, and provide "something for the stomach to digest."	
	1 sachet de COMPETITION PRO 	Pot de 750g	The "liquid meal / Milkshake" of GO2. The slow action reduced hunger and provides energy continuously. Attention must also be given to take quick energy food after the liquid meal.	Liquid meal relief to take in case of hunger. Slow energy release.

Plan for 3 hours of racing

Total quantities calculated will vary according to speed

Item	Remarks
<p>2 gels SPEED PUNCHPOWER</p> 	<p>Fast acting energy, absorbed quickly and easily, even when you are tired. A rapid effect, they must be taken continuously varying tastes each time. Take one every 30 minutes ; alternate flavours</p>
<p>2 JELLYBAR</p> 	<p>The bars provide quick energy, and provide "something for the stomach to digest." A rapid effect, they must be taken continuously varying tastes each time. Take one every 30 minutes</p>
<p>Hydramax lemon/mint</p> 	<p>Mineral Energy Drink loaded in essential electrolytes</p> <ul style="list-style-type: none"> • Dual energy input (fast and slow sugar association) • Avoid excessive loss of minerals • Maintain a sustained effort over several hours • Fight against muscle failure <p>Take Every 30 minutes during exercise</p>
<p>AC+ GO2 drink</p> 	<p>The anti-cramping drink! An innovative action that avoids the formation of lactic acid in the muscle. Every 3 hours Attention must continue to take quick energy even after taking a liquid meal.</p>



Nutrition and Food in Ultratrail

The importance of nutrition during an event such as the UTMB is great and complex. Essentially trying to balance taking in solid food, a meal (ideally at least 1) in the event of a race that is usually at least 24 hours+ as well as the need to source constant quick energy is difficult! It is needless to say that the greater the effort is, the more digestive disorders appear and they become more important in cases of dropouts (15.1% of dropouts at UTMB 2009 cited digestive issues).

There are multiple factors that need to be taken into account when managing nutrition, but the respect of these basic rules helps to reduce difficulties:

- Stay hydrated ; but with low volumes, sip steadily during the race. Your stomach will appreciate receiving little & often, whether water or energy drink. Concept of "inflow" in line with a continuous "stream output" is also constant!
- Feel free to change the flavor energy drink and keep a small bottle of water to drink a "neutral" flavor (attention, water should not although replace a diet/calorie drink). It is important not to "get too tired" to drink!
- Any solid consumption (except fruit pastes or other equivalent solid easily edible, "soft" in the mouth food) should preferably be done by walking to enable better digestion via easier absorption.
- Banish all you've never tested during exercise! The race is not the place to try something new.
- Realize before your start if you will not be able to maintain any specialised diet e.g. gluten free, during the race itself. If so, you may wish to consider modifying your diet a week before the race by introducing foods slowly you may encounter. The objective is to reduce the ground "allergenicity" (more sensitive to effort) a few days before and especially the day of the race. Do not be afraid to lose some time (eating, walking, for example) but believe me, you will get this "lost" time back by minimizing digestive problems including (bloating, discomfort assimilation, reduced gastric emptying ...) . Because once they appear, it is the beginning of the end!

Editor: Nicolas Aubineau



Training

I have no ambition here to do specific plans to prepare for the UTMB. Such plans must be adapted to the individual, experience and level of each person. However, here are some "big ideas" that can guide you in your preparation.

1. Do not stereotype your training purely on endurance. We must undertake varied training, working at different rhythms but also endurance threshold, VO2 ... even with 3 workouts per week.
2. For endurance, I think it is useless to run more than two hours. Such runs will tire you out, and you can not properly train the following week. However, it is indispensable to go hiking or hike-running (alternating walking and running) for 4-6 hours once a week. This is also an opportunity to accumulate altitude and get used to mountain trail techniques.
3. When doing the fast intervals, a 30-minute warm-up is recommended. Repeats no longer than 15 minutes are sufficient, do not make it unnecessarily long ; better form will give you a better session. When doing tempo runs, 30 to 40 minutes is enough. When you do the Endurance, push until 1:30hr to 2:00hr. But do not try to do two or three things within the same run.
4. Do not concentrate too much on accumulated mileage! Too much mileage may lead to reduced performance within your specified weekly training through tiredness. Recovery helps form which improves quality and therefore fitness. For my part, I train 4-5 times a week, with maximum 60km of running. I undertake an altitude and endurance run once a week, in the mountain with about 1.500m altitude difference of about 3:00hr. You do not prepare for long distance mountain races by 2:00hr of jogging a day!
5. I also prepare for long mountain races by adding in 1 session of active "fitness". 6-10 repetitions of 1'30s of stairs, up the steps two by two. It is very intensive and dynamic. This reinforces muscularly thighs, and makes the heart work to the maximum. This session replaces the work of the VMA (VO2) session. Instead of stairs, you can always use a mountain if you have one close by!



The Last Days

There is no quick fix. Although that's just my opinion ... The fundamental point is to be rested: make sure you sleep well, allow time to taper, your last training session before tapering should be at least 10 days before the race. Instead of a "short" race, half marathon or 50 km Trail type before tapering I think it is better "to acclimate" to the mountain.

For this, a hiking program (on similar terrain or the course itself) is ideal. I usually hike 5-6 hours a day, very gently, until Tuesday, the race is on Friday. Over the years I made the observation that in stage races, you still feel good in the mountains after three days of undertaking acclimatization to the required effort, both with with climbs, & descents to. So I undertake my "acclimatization to the mountain" quietly mostly the week before.

GOOD RACE TO ALL! ! !

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