VITAL TRUST
PERSONAL TRAINING

Marathon des Sables

The complete kit list, down to the gram

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This is the kit I carried across the Sahara myself, with the weight of every item next to it. That way you can see exactly where your grams go: 4,645 grams of gear, 864 grams of food a day, 10.69 kilos on your back all in. Weigh everything yourself — after 270 kilometres you feel every gram.

Mandatory kit

☐ Backpack	330 g
☐ Compass	40 g
☐ Head torch + spare batteries	105 g
☐ Spare head torch	42 g
☐ Signalling mirror	15 g
☐ Foil survival blanket	50 g
☐ Lighter or matches	15 g
☐ 10 safety pins	10 g
☐ Knife (Leatherman Micra)	51 g

Clothing & protection

☐ Sunglasses	30 g
☐ Cap	50 g
☐ Beanie	100 g
☐ Ankle strap	100 g
☐ Long-sleeve top (evening)	112 g
☐ Socks (4 pairs, e.g. Injinji)	160 g
☐ Long trousers (evening/camp)	80 g
☐ Down jacket (ultralight)	90 g
☐ Flip-flops (ultralight)	72 g

Carrying, eating & drinking

☐ Poles	364 g
☐ 2 water bottles, 700 ml	150 g
☐ Cup	53 g
☐ Spoon	11 g
☐ Food packaging	800 g

Sleeping

☐ Sleep mask	20 g
☐ Earplugs	30 g
☐ Sleeping bag	363 g
☐ Foam mat	400 g
☐ Pillow (inflatable)	50 g

Toiletries

☐ Hand gel, 50 ml	50 g
☐ Wet wipes	60 g
☐ Toilet roll	90 g
☐ Toothbrush	15 g
☐ Toothpaste	10 g
☐ Lip balm, SPF50	10 g
☐ Sunscreen, SPF50	50 g
☐ Deodorant	50 g

Electronics & first aid

☐ Phone	200 g
☐ Power bank (e.g. 10,000 mAh)	165 g
☐ Paracetamol, 12 tablets	12 g
☐ Med kit	200 g
☐ Antiseptic (Betadine)	40 g

Food per day

Food	Per day (g)	kcal/100 g	Per day (kcal)
Coconut oil	125	862	1,077.5
Coffee	14	—	2
Adventure Foods breakfast	141	425.53	600
Upfront Gel 2.0	130	246	319.8
Droëwors sticks	100	479	479
Dried mango	50	327	163.5
Macadamia nuts	75	795	596.25
Banana chips	25	519	129.75
Expedition Foods meal	139	575.54	800
Electrolytes	65	—	2
Total	**864**		**4,169.8**

Totals

Gear	**4,645 g**
Food, per day	**864 g · 4,169.8 kcal**
Total on your back (seven days of food)	**10.69 kg**

Note: this is my own list, with my own weights. The mandatory kit can change from one edition to the next, so always check the official roadbook for the current year. Questions about your own build-up? Message me on WhatsApp.