

You'll thank us on the mountain...

We've trawled the outdoor shows for a selection of ultralight kit that will stand up to a beating on two-day off-road events without breaking your back

TENT

TERRA NOVA LASER ULTRA 1 £650

New for this spring, they say this is the world's lightest double-walled tent at 560g – that's, amazingly, the weight of a pint of milk, but sadly not the same price...

>>> terra-nova.co.uk

BACKPACK

TERRA NOVA ULTRA 20 £120

This specially designed race backpack weighs barely 100g – seriously, you won't feel a thing on your back...until you load it full of luxury items, of course.

>>> terra-nova.co.uk

SLEEPING BAG

RAB NEUTRINO SL 200 £180

One of the lightest, warmest sleeping bags around, this 580g bag uses the lightest Pertex Quantum fabric for the lining, stuffed with 800 fill-power goose down on the top and hood only; the rest is stuffed with incredibly warm-for-its-weight Primaloft One.

>>> rab.uk.com

WATER BOTTLE

OMM ULTRA BOTTLE £10

This isn't just any old plastic bottle. At 75g you get a slim, wide-mouthed 500ml bottle with energy powder markings, great for holding in your hand and scooping up water from streams.

>>> theomm.com

SLEEPING MAT

THERMAREST NEO AIR SMALL £90

OR OMM DUOMAT £15

Thermarest's award-winning, super-warm and comfy mat weighs only 260g and packs down to almost the size of a can of coke but you might not fit two of them inside your tent so tell your partner about the less warm and comfy, but 110g lighter, OMM Duomat.

>>> cascadedesigns.com, theomm.com

INSULATING LAYER**PATAGONIA R1 PULLOVER £90**

When you're not running it gets cold, but you've got to carry any insulation, so this is where this legendarily light yet crazy toasty wicking layer made from Recycled Polartech Powerdry comes in handy at 328g for a Men's size M.

>>> patagonia.com**WATERPROOF TROUSERS****DMM KAMLEIKA RACE PANTS £95**

Four-way stretch trousers that weigh only 190g for a Men's size medium, these are also rustle free and allow you to run comfortably through the rainy mountainside.

>>> theomm.com**HEADTORCH****PETZL TIKKA 2 XP CORE BATTERY AND USB CHARGER £65**

In case you don't get back before dark, this torch kicks out 60 lumens and with the rechargeable Core battery you can personalise the output and save buying 1,000 alkaline batteries. *Core battery and USB charger also available separately for £30*

>>> lyon.co.uk**WATERPROOF****HAGLOFS OZ PULLOVER £190**

Only 175g and 155g for a Men's and Women's size medium, this Gore-Tex Paclite jacket is light, packable and functional with a smock design for minimal taping and improved breathability, plus a well fitting, adjustable hood and hem, thumb loops and a single pocket.

>>> haglofs.com**CUTLERY****PLASTIC SPOON (FREE)**

The cheapest piece of lightweight kit you'll ever have, Trail Running magazine has seen elite pairs sharing a tiny white medicine spoon to save every last gram, but we recommend the slightly more robust 'plastic spoon pilfered from service station' at about 6g.

COOKING PAN**OPTIMUS TERRA SOLO £20**

A 0.6-litre hard-anodized aluminium pan plus fry pan that doubles as a lid, all weighing 166g, but to save even more weight ditch the lid and replace it with a folded square of tin foil.

>>> optimusstoves.com**STOVE AND GAS****OPTIMUS CRUX LITE £40**

One of the world's lightest gas stoves at 72g, this is a great weight-saving option for cooking at midcamp that will definitely work – its boil time is three minutes for one litre of water. Don't go lugging a regular sized gas canister around the hills, you will get at least four cups of tea and two freshly boiled meals out of one small 100g gas canister.

>>> optimusstoves.com**TRAIL SHOES****INOV8 X-TALON 212 £80**

You can almost fly over the mountainside in these tremendously light shoes, at 212g for a UK size 8 (single shoe) with an aggressive sticky rubber sole and minimal padding and support. Great for experienced racers.

>>> inov-8.com