

MANDATORY EQUIPMENT

1 SMALL LIGHT BACKPACK : TO CARRY MANDATORY RACING EQUIPMENT AND THE HYDRATION SYSTEM

1 HEADLAMP & SPARE BATTERIES : FOR USE DURING THE NIGHT IN THE CAMP

1 COMPASS : FOR EMERGENCY SITUATIONS

12 SAFETY PINS : FIXING THE BIBS PLUS SPARES

1 KNIFE : MULTI-TOOL OR SINGLE

1 WHISTLE : SIGNAL IN EMERGENCY SITUATIONS

1 SURVIVAL BLANKET : ALUMINIUM, STORES BODY HEAT

1 MIRROR : FOR SIGNALLING IN EMERGENCY SITUATIONS

1 SUNGLASSES : UV-PROTECTION

1 INSECT REPELLENT : AS THE RACE TAKES PLACE IN TROPICAL REGIONS, IT IS ABSOLUTELY MANDATORY TO BRING SUFFICIENT AMOUNTS FOR THE WHOLE EVENT

MEDICATION : LIGHT PAIN KILLERS, E.G. ASPIRIN, PARACETAMOL

1 BLISTER KIT : PLASTER, TAPE, SECOND SKIN ETC., STERILISED NEEDLE, PAD, ALCOHOL WIPES

1 HYDRATION SYSTEM : MINIMUM 3 LITRES CAPACITY

ENERGY BARS/GELS/SNACKS : ONE WEEK SUPPLY, ENOUGH FOR EACH STAGE

ELECTROLYTE/SALT TABLETS : ONE WEEK SUPPLY

1 LIGHTER

PLASTIC BAG : TO PROTECT EQUIPMENT AGAINST RAIN

1 SLEEPING BAG : FOR THE SECOND BIVOUAC

TOWELS

CAP/HAT : TO PROTECT FROM THE SUN DURING THE DAY

OPTIONAL EQUIPMENT

TREKKING POLES : SAVE ENERGY WHILE WALKING

FLIP-FLOPS/SANDALS : TO WEAR IN THE CAMP

TISSUE/WET WIPES

WATCH

CAMERA