

# 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

**ADDITIONAL SMALL BAG** : ESSENTIAL ITEMS, USED TO TRANSPORT PERSONAL BELONGINGS BETWEEN BIVOUAC 1 AND BIVOUAC 2

## OPTIONAL EQUIPMENT

**TREKKING POLES** : SAVE ENERGY WHILE WALKING

**FLIP-FLOPS/SANDALS** : TO WEAR IN THE CAMP

**TISSUE/WET WIPES**

**WATCH**

**CAMERA**