










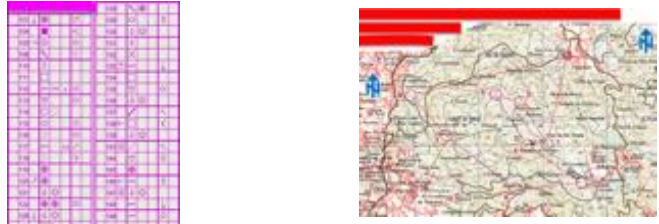




















ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES			
Official Race Bib (Vest/ Jersey/ Bib)		1 x per competitor (no share)	The official race bib must be worn by each competitor at all times as the outermost garment. Vest/packs that cover the front of the bib are not permitted. Race bibs are provided by the race organisers.
S Card		1 x per competitor	Each competitor must always have th. The racer is responsible in case of loss this is why we recommend extra security systems. IT IS POSSIBLE TO RENT IT.
Whistle		1 x per competitor (no share)	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
Light Source (Headlamp)		1 x competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g. headlamp, cycle lights.
Shell Layer Top (Jacket)		1 x competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have hood, seams tape sealed and be suitable for potentially extreme conditions in an adventure race.
Baselayer Top		1 x competitor	Long sleeve, close fitting top of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Top may either be carried or worn.
Baselayer Legs (Leggings/ Tights)		1 x competitor	Long leg, close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Bottom may either be carried or worn.
Survival Blanket/ Sleep ing Bag (Space Blanket)		1 x competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility. (note bags can deteriorate over time).
Magnetic Compass		2 x team	Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race (e.g. zone 1,2,3,4,5 or Multi zone compass). Watch compasses do not meet these requirements.
Cell Phone		1 x team	Cell phone with fully charged battery, turned off and in waterproof bag/container for emergency use only. Race organisers will provide advice on specific cell network (if required) and seal phones in security bags before the
Knife		1 x team	Minimum blade length 50mm and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while kayaking.
Fire Starting Device		1 x team	Waterproof matches, gas cigarette lighter, flint and steel are all acceptable fire starting devices.
Course Information and Maps		1 x team	Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing. Adequate waterproofing e.g. laminated or waterproof paper, clear adhesive (Contact) or waterproof map bag.






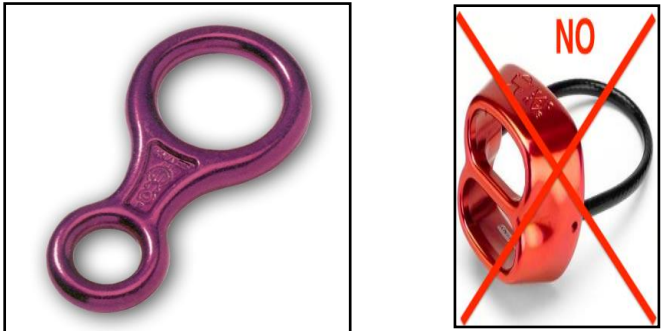



First Aid Kit		1 x team	First Aid contents specified separately. Must be contained in waterproof bag.
Digital Camera		1 x team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. May be used to photograph in case of missing checkpoint or other rule breaches. May also be used for general photography (at risk of having flat battery when needed).
Tracker GPS		1 x team	Specific device provided by race organisers. Must be carried and used in accordance with direction of race organisers.







### ALL TIMES - MOUNTAIN BIKE DISCIPLINE

Mountain Bike		1 x competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
Bike box		1 x competitor	Bike box of 140 x 80 x 30 cm. Maximum weight: 25Kg.
Helmet		1 x competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent)
Repair Kit		1 x team	Repair Kit with at least enough to mend several punctures, a slashed tyre and broken chain....
Front Light		1 x competitor	Front facing white light. May be head or handlebar mounted.
Rear Light		1 x competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team.

ALL TIMES - KAYAK DISCIPLINE			
Personal Flotation Device (PFD/ Lifejacket)		1 x competitor	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while kayaking. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy. Organisers may have specific tests in place to ensure buoyancy meets required standards and laws.
Whistle		1 x competitor	Must be attached to the PFD/ Lifejacket.
Paddle		1 x competitor	Double paddle
Kayak		2 x team	Supplied by race organisers (unless notified otherwise).
Bolsa transporte de material.		1 x team	Kayak bag of 150x50x5 supplied by organization. Teams can only use this bag.
Illumination (Glow Stick/ Chemical light)		1 x per competitor & 1 x kayak	One glow stick (100mm) attached to PFD in a highly visible position at all times (i.e. shoulder position). One glow stick attached to kayak (bring cable tie). Glow sticks must be glowing when dark. Multiple sticks may be required, bring spares.

FIRST AID KIT - ALL TIMES - ALL DISCIPLINES			
Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 metres and minimum width is 7.5cm unstretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.
Wound Dressing (Sterile)		2 x kit	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended.
Strapping Tape		1 x kit	One roll of strapping tape.
Antihistamine (strong)		4 x adult doses minimum	Antihistamine tablets inhibit the action of histamines and can be taken in event of allergic reaction.
Scissors		1 x kit	
Sterile gloves		1 x kit	
Treatment for blisters		1 x kit	Both to prevent and to cure

ALL TIMES - CANYONING			
Canyoning/Climbing Harness		1 x competitor	Must be competitor sized. (CE approved) Harness approved for canyoning. Also approved harnesses for "climbing". Mountaineering or ski-mountaineering or any other type of harness will not be accepted. The harness must have a ventral ring where the descender and material holder will go to the sides of the harness.
Helmet		1 x competitor	Helmet approved for climbing. No other type of helmets such as bike, canoe, etc. will be accepted.
Climbing sling		1 x competitor	Sewn, not knotted (CE approved). With two asymmetric or symmetrical anchorage lines, one of them minimum 60cm. Asymmetric double anchoring element Mooring element designed to pass the speleology or descent of ravines. It will be attached to the harness by means of an insurance or Mayon moquette (SPELEGYCA of PETZL) or as determined by the manufacturer. There are models that are recommended to fix with "lark". Like the BEAL DINAPARK. Sewn ribbons of DINEMA will not be accepted"
Locking Carabiner		4 x competitor	Must have an approved safety standard certification (CE).
Leather gloves		1 pair x competitor	Must be full size with finger protection; can be the same used in MTB sections as long as they have leather palm.
Descending device		1 x competitor	No ATC Eight figure. Must have an approved safety standard certification (CE).
Neoprene		1 x competitor	Long sleeves and legs with hood. Water shoes; thickness of minimum 3 mm
Waterproof Bag		1 x competitor	To protect the mandatory gear from water in the kayak sections. It is the responsibility of the racer to keep the GPS, cell phone or first aid keep in perfect conditions.
Canyoning Bag		2 x team	Teams will give the bags to the organization with the 4 neoprenes and water shoes inside.

ALL TIMES - VIA FERRATA AND ROPES			
Kit via ferrata		1 x competitor	Set approved by UIAA other than that will not be accepted
Canyoning/Climbing Harness		1 x competitor	Must be competitor sized. (CE approved) Harness approved for climbing. Also approved harnesses for "CANYONING". Mountaineering or ski-mountaineering or any other type of harness will not be accepted. The harness must have a ventral ring where the descender and material holder will go to the sides of the harness.
Helmet		1 x competitor	Helmet approved for climbing. <b>No other type of helmets such as bike, canoe, etc. will be accepted.</b>
Climbing sling		1 x competitor	Sewn, not knotted (CE approved). With two asymmetric or symmetrical anchorage lines, one of them minimum 60cm. Asymmetric double anchoring element Mooring element designed to pass the speleology or descent of ravines. It will be attached to the harness by means of an insurance or Mayon moquette (SPELEG YCA of PETZL) or as determined by the manufacturer. There are models that are recommended to fix with "" lark "" . Like the BEAL DINAPARK. Sewn ribbons of DINEMA will not be accepted"
Pair of leather gloves		1 x competitor	Must cover the whole hand. It may be the same helmet used in bike sections but with leather palms
Locked Carabiner		4 x competitor	(Approved CE)

**IMPORTANT:** THE PERSON IN CHARGE OF CHECKING AND APPROVING THE MANDATORY GEAR TOGETHER WITH THE RACE DIRECTOR WILL TAKE THE LAST DECISION CONCERNING THE MANDATORY EQUIPMENT OF THE TEAMS. THIS MEANS THAT THEY COULD NOT ACCEPT THE EQUIPMENT IF THEY CONSIDER THAT THE GEAR IS NOT IN GOOD CONDITIONS, IT'S OLD, BROKEN, NOT APPROVED CE OR DOES NOT RESPECT THE REQUIREMENTS SPECIFIED. AFTER THAT THE TEAM MUST REPLACE THE ITEMS AND GIVE THEM TO THE ORGANIZATION FOR THEIR APPROVAL. FAILURE TO DO SO WILL RESULT IN EITHER REDUCED PARTICIPATION IN THE EVENT (BEING EXCLUDED FROM SECTION OF THE RACE WHERE THE GEAR IS NEEDED) OR THE TEAM NOT BEING PERMITTED TO START THE RACE.