

COMPULSORY EQUIPMENT CHECK LIST P15

- Equipment:
- Mobile phone (with charged battery, emergency numbers)
- Trail running shoes (non-slip sole)
- Long sleeved top or t-shirt + arm sleeves (no bare skin visible)
- Drinking container (no cups at aid stations)
- ID + insurance card
- 0.5L hydration capacity
- Course map on smart phone/watch

Additionally the following is advised for all competitions:
Sun cream, sunglasses, visor cap and walking poles