

COMPULSORY EQUIPMENT CHECK LIST P30

- 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
- Waterproof jacket (water column > 10.000 mm recommended)
- First aid kit with emergency equipment and
 - elastic bandage (at least 100×6 cm)
 - Tape
 - space blanket (aluminium-coated 140×200cm)
 - emergency whistle
- 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