

COMPULSORY EQUIPMENT for each section will be specified in the Road Book.

Compulsory equipment can be of a different kind.

- Emergencie (E),
- PRogresion (PR)
- PreVention (PV)
- Security (S)

TEAMS LOGISTICS

- **Teams will need an assistance vehicle with enough capacity to carry all the team's equipment.**
- **3 SportIdent (electronic timer system). These can be rented, previous reservation is needed.**

Equipment supplied by the organisation to each team

- **1 set of maps**
- **1 road book**
- **3 life jackets**
- **2 sea kayaks (a double and a single kayak) + paddles**

PERMANENT COMPULSORY EQUIPMENT LIST

Throughout the race all competitors must carry with them the equipment listed below:

- **Each team must carry:**
 - A first aid kit: surgical tape, lint, bandages, antiseptic, analgesic, anti-inflammatory
 - 3 survival blankets
 - 1 head lamp (S)
 - 1 whistle (E)
 - 1 mobile telephone (E)
 - 3 energy bars (E)
 - 1 compass. (PV)
 - 1 waterproof bag to transport your maps in dry conditions. (PV)
- **Each competitor must carry:**
 - 1 waterproof windbreaker jacket. (PV)
 - 1 long sleeve insulating t-shirt. (PV)
 - 1 flask or camelback with a minimum capacity of 500 ml. (PV)
 - 1 Buff (multifunctional head wear), cap or similar. (PV)
 - 1 backpack with enough capacity to carry all the compulsory equipment for each section. (PV)
 - 1 headlamp. Only for sections at night, it will be indicated in the road book. (S)

DISCIPLINE'S COMPULSORY EQUIPMENT

MOUNTAIN BIKING

- **Each team must carry:**
 - 1 repair kit. (PVI)
- **Each competitor must carry:**
 - 1 mountain bike. (PR)
 - 1 mountain bike helmet. (S)
 - 1 reflecting clothes or reflecting tapes for night sections. (PV)
 - 1 sparkling and reflecting red rear mountain bike light. (PV)

ADVENTURE RUNNING – no extra compulsory material.

ORIENTEERING - no extra compulsory material.

ROPES ACTIVITIES

RAPPEL/ABSEILLING

- **Each competitor must carry**
 - 1 climbing harness*, CE standards or equivalent. (S)
 - 1 double tether CE standards or equivalent. (S)/ 1 double tether with absorbing system CE standards or equivalent will be accepted for the VIA FERRATA too.
 - 1 mountain helmet UIAA. (S)
 - 3 auto lock carabineers CE standard (S)
 - 1 clog/descender that can be used on single or double ropes + self belaying devise - Petzl Shunt / (S)
 - 1 leather pair of gloves. (S)

VIA FERRATA

- **Each competitor must carry:**
 - 1 climbing harness*, CE standards or equivalent. (S)
 - 1 double tether with absorbing system CE standards or equivalent. (S)
 - 1 mountain helmet UIAA. (S)
 - 3 auto lock carabineers CE standard (S)
 - 1 shunt (S)
 - 1 leather pair of gloves. (S)

IN-LINE SKATING

- **Each competitor must carry:**
 - 1 pair of inline roller-skates + protective gear (PR) (S)
 - 1 mountain bike helmet
 - **1 bag to carry the team's in-line skating equipment.**

KAYAKING

- **Each competitor must carry:**
 - 1 long leg wetsuit. (S)
 - 1 waterproof nautical windbreaker jacket. (PV)
 - 1 lifejacket (S)
- KAYAKS – provided by the organization
- Kayaks provided by RIUMAR www.riumar.com
 - ADVENTURE TEAMS
 - ORCA



- ÉLITE TEAMS
 - ATLANTIS double
 - LÁSER individual



FORBIDDEN MATERIAL

- Communication systems (walkie-talkie).
- Electronic navigation systems (GPS).