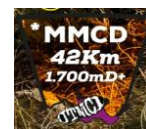




## Race Compulsory Equipment

ULTRA TRAIL MUNTANYES DE LA COSTA DAURADA'2021



	UTMCD (65Km)	MARATON MCD (42KM)	TMCD 22K	TMCD 11K
Bib number on the front	X	X	X	X
4 safety pins	X	X	X	X
Backpack/rucksack or similar	X	X	X	X
Caloric food to be self-sufficient during the race	X	X	X	X
Hydration system/liquid storage	X (MÍN. 1L)	X (MÍN. 1L)	X (MÍN. 0,5L)	X (MÍN. 0,5L)
Reusable cup/glass	X	X	X	X
Survival blanket (220 x 140 cm)	X	X	Advisable	Advisable
Use GPS	Advisable	Aconsejable	Advisable	Advisable
Mobile Phone	X	X	Advisable	Advisable
First aid kit: adhesive elastic bandage/tapping (80 x 3 cm), antiseptic	X	X	NO	NO
Head torch approved and visible at 150m with batteries and spare batteries*	X	X	NO	NO
Back red light (similar to the ones on a bike) approved and visible at 150m*	X	X	NO	NO
Waterproof jacket ( 10,000 mm water column ) with hood and taped seams	X	X	Advisable	Advisable

\*All racers must know and act according to the spanish law **Ley de Seguridad Vial**. We emphasize article 123 (Circulation at night or poor visibility ) referring to the use of reflective/lights material **while driving or crossing a road**: to be seen from 150 metros ago and approved (Real Decreto 1407/1992)

**Safety equipment (in case of adverse weather):** Polar fleece / Termic long sleeve T-shirt (minium 110 gr)  
 Tubular garment (buff)/hat  
 Gloves  
 Long trousers or long leggings. Also leggings covering under the knees plus long socks