

COMPULSORY EQUIPMENT CHECK LIST P45 - Glacier

- Equipment:
 - NEW! face mask (buff, scarfs)
 - NEW! foldable bowl for food at aid stations
 - Mobile phone (with charged battery, emergency numbers)
 - Trail running shoes (non-slip sole)
 - Functional running clothes
 - Drinking cup (drinking cups are not distributed)
 - Identification card and health insurance card
 - Change of clothes (long shirt and trousers)
 - Waterproof jacket with hood and overtrousers (water column 5,000 mm)
 - Warm gloves and hat
 - First aid kit with emergency equipment and
 - elastic bandage (at least 100×6 cm)
 - Tape
 - space blanket (aluminium-coated 140×200cm)
 - whistle
 - Course map
 - Working head and back lamp
 - 1.5 l fluid
 - Snowline spikes for glaciers/snowfields, min. 0,75 cm long steel spikes,
our recommendation snowline chainsen pro with 1 cm steel spikes

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