

COMPULSORY EQUIPMENT CHECK LIST P30

- Equipment:
- 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
- First aid kit with emergency equipment and
 - elastic bandage (at least 100×6 cm)
 - Tape
 - space blanket (aluminium-coated 140×200cm)
 - whistle
- Course map

Additionally the following is advised for all competitions:

Sun cream, sunglasses, visor cap, walking poles and min. 500 ml water