

## COMPULSORY EQUIPMENT CHECK LIST P45 - Riffelsee

- 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
- 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

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