

## COMPULSORY EQUIPMENT CHECK LIST P105

- Equipment:
  - Mobile phone (with charged battery, emergency numbers)
  - Trail running shoes (non-slip sole)
  - Long sleeved top or t-shirt + arm sleeves (no bare skin visible)
  - Long pants or leg warmers (no bare skin visible)
  - Drinking container (no cups at aid stations)
  - ID + insurance card
  - Waterproof jacket (water column > 10.000 mm recommended)
  - Waterproof pants ((water column > 10.000 mm recommended)
  - Gloves + beanie/tube scarf
  - First aid kit with emergency equipment and
    - elastic bandage (at least 100×6 cm)
    - Tape
    - space blanket (aluminium-coated 140×200cm)
    - emergency whistle
  - 1.5L hydration capacity
  - Emergency provisions (at least two bars or similar with at least 500 calories)
  - Working head and back lamp with replacement battery
  - Spikes for glacier and snow fields (recommendation Snowline Spikes > 0.7 cm)
  - Course map on smart phone/watch

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