

## Mandatory equipment

	<b>Quantity</b>	<b>Comment</b>
<b>small light backpack</b>	1	to carry mandatory racing equipment and the hydration system
<b>headlamp &amp; spare batteries</b>	1	for use during the night stage and in the camp
<b>compass</b>	1	for emergency situations
<b>safety pins</b>	12	fixing the bibs plus spares
<b>knife</b>	1	multi-tool or single
<b>whistle</b>	1	signal in emergency situations
<b>survival blanket</b>	1	aluminium, stores body heat
<b>mirror</b>	1	for signalling in emergency situations
<b>sunglasses</b>	1	UV-Protection
<b>insect repellent</b>	1	As the race takes place in tropical regions, it is absolutely mandatory to bring sufficient amounts for the whole event
<b>medication</b>	1	light pain killers, e.g. aspirin, paracetamol
<b>blister kit</b>	1	plaster, tape, second skin etc.,sterilised needle, pad, alcohol wipes
<b>flashing red light or glowsticks (2 pcs)</b>	1	for the night stage, worn on the back of the runner
<b>hydration system</b>	1	minimum 3 litres capacity
<b>energy bars/gels/snacks</b>	1	one week supply, enough for each stage
<b>electrolyte/salt tablets</b>	1	one week supply
<b>lighter</b>	1	
<b>plastic bag</b>	1	to protect equipment against rain

## Optional equipment

Item	Comments
sleeping pad/mat	makes for more comfortable sleeping
trekking poles	save energy while walking
toothbrush/toothpaste	
towel	
watch	
camera	
flip-flops/sandals	to wear in the camp
eating utensils	cup/plate/cutlery
tissue/wet wipes	