



Provisional Mandatory Equipment

Permanent equipment per team on all stages

- Four compasses;
- Four whistles;
- Four survival blankets;
- Four canteens or similar;
- Four backpacks;
- One First Aid Kit;
- Four flashing red lights, fully working, plus spare batteries;
- Four headlamps or lights, fully working, plus spare batteries;
- Four polar layers or similar;
- Four “windstopper” or rain jackets;
- Four hats or caps/buffs
- One multi-tool pocket knife;
- One spare control card (provided by the organization);
- Four SportIdent cards (owned or rented by the organization);
- A mobile cell phone, disconnected and sealed;
- A GPS location system (provided by the organization)

Permanent equipment per team on specific sections

- Four mountain bikes (MTB);
- Four MTB front lights, fully working;
- Four MTB helmets (approved model);
- Two MTB repair kits, allowing the team to be autonomous in case of a breakdown;
- Four harnesses (climbing approved model);
- 12 locking carabineers;
- 20 m of 7mm rope;
- Four stitched slings (60 cm) + 4 stitched slings (120 cm);
- Four rappel systems (figure of eight+ prussic rope+gloves);
- Two rope ascension systems (Jumar+Basic+Pedal)
- Four pairs of Inline skates (or TRIKKES provided by the organization);
- Four sets of Inline skating protection pads;
- Four waterproof bags;
- Four paddles (provided by the organisation);
- Four life vests (provided by the organisation);
- Six light sticks (12h) + two white strobe lamps;
- Four wetsuits;



Recommended Equipment:

- Waterproof map holder;
- Cycle computer;
- MTB map holder;
- Altimeter;
- Trash bags;
- Lighter/matches;
- Hiking poles;
- Fins for swimming and bodyboard;
- Buoys to transport the bike when swimming (spare bike tubes and tape should be enough);
- Sun screen;
- Gaiters.

The organisation does not provide sleeping material during the race:

- Sleeping bag and mat.

The use of the following means or instruments during the race is strictly forbidden:

- Bad or non-certified safety equipments;
- GPS;
- Motorised vehicles;
- Maps not provided by the organisation.