

## MANDATORY & RECOMMENDED EQUIPMENT

To ensure their safety, all participants must carry all items listed in the mandatory equipment checklist throughout the entire race, whether they use them or not. Mandatory equipment checks will take place at random and/or scheduled times before and during the event. Participants missing any required item will receive a penalty, including potential disqualification.

Important: The mandatory equipment list represents the minimum required gear. Participants are strongly advised to prioritize protection over weight savings and choose clothing and equipment suitable for mountain conditions, including cold, wind, rain, and snow. All clothing must be appropriately sized for the participant and must not be altered or modified.

To reduce plastic waste, no disposable cups will be provided at checkpoints or aid stations. Participants must therefore carry their own reusable drinking container.

Participants using trekking poles must carry them for the entire race. Starting without poles and collecting them later is not permitted, and poles may not be transported in drop bags.

The Hot Weather Kit and Cold Weather Kit may be required as part of the mandatory equipment. Depending on the weather forecast, the organizer may require one of these kits and will notify participants before the race. Race Management may not make a final decision on weather kit implementation until a few days before the event, as mountain weather is highly unpredictable and can change quickly. It is the runner's responsibility to bring all required and potential gear to the race.

## 100M CATEGORY

### Mandatory Kit

- Running pack for carrying supplies for the duration of the race
  - Pack can be a backpack, vest or waist/belt pack (*Running waist/belt pack must fit all Mandatory Gear or risk disqualification.*)
- Mobile / Cell phone (smartphone strongly recommended)
  - Mobile / Cell phone with international roaming that works in North America.
- Each runner should save the organization's safety phone numbers
- Personal collapsible cup (15 cl / 5 oz minimum)
- Minimum water supply of 1 liter
- 2 working headlamps (torches) with spare cells/batteries for each headlamp.
  - (Recommendation of 200 lumens or more for main headlamp)
- Food reserve. (Recommendation of 800 kcal: 2 gels + 2 power bars each of 65 g)
- Jacket with hood for bad weather in the mountains. The jacket must have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
- Hat (beanie, cap, bandana, or Buff®)
- Safety blanket
- Whistle

### Recommended Equipment

- 1 additional working headlamp (torch) with spare cells / batteries
  - (Recommendation of 200 lumens or more)
- Gloves
- ID Card / Passport

### Other Recommended Equipment (*including, but not limited to*)

- Spare warm clothing (essential in case of cold and rainy weather or in case of injury)
- Trekking poles
- GPS watch

## 100K CATEGORY

### Mandatory Kit

- Running pack for carrying supplies for the duration of the race
  - Pack can be a backpack, vest or waist/belt pack (*Running waist/belt pack must fit all Mandatory Gear or risk disqualification.*)
- Mobile / Cell phone (smartphone strongly recommended)
  - Mobile / Cell phone with international roaming that works in North America.
  - Each runner should save the organization's safety phone numbers
- Personal collapsible cup (15 cl / 5 oz minimum)
- Minimum water supply of 1 liter
- 1 working headlamps (torches) with spare cells/batteries for each headlamp.
  - (Recommendation of 200 lumens or more for main headlamp)
- Food reserve. (Recommendation of 800 kcal: 2 gels + 2 power bars each of 65 g)
- Jacket with hood for bad weather in the mountains. The jacket must have an integrated hood or one which attached to the jacket by the original system designed for that purpose by the manufacturer.
- Hat (beanie, cap, bandana, or Buff®)
- Safety blanket
- Whistle

### Recommended Equipment

- Gloves
- ID Card / Passport

### Other Recommended Equipment (*including, but not limited to*)

- Spare warm clothing (essential in case of cold and rainy weather or in case of injury)
- Trekking poles
- GPS watch

## 50K CATEGORY

### Mandatory Kit

- Mobile / Cell phone (smartphone strongly recommended)
  - Mobile / Cell phone with international roaming that works in North America
  - Each runner should save the organization's safety phone numbers
- Personal collapsible cup (15 cl / 5 oz minimum)
- Minimum water supply of 1 liter
- Food reserve. (Recommendation of 800 kcal: 2 gels + 2 power bars each of 65 g)
- Safety blanket
- Whistle

### Recommended Equipment

- Running pack for carrying supplies for the duration of the race
- Pack can be a backpack, vest or waist/belt pack
- 1 working headlamps (torches) with spare cells/batteries for each headlamp.
  - (Recommendation of 200 lumens or more for main headlamp)
- Gloves
- ID Card / Passport
- Jacket with hood for bad weather in the mountains
- Hat (beanie, cap, bandana, or Buff®)

### Other Recommended Equipment (*including, but not limited to*)

- Spare warm clothing (essential in case of cold and rainy weather or in case of injury)
- Trekking poles
- GPS watch

## **20K CATEGORY (21K, 25K, AND 28K)**

### **Mandatory Equipment**

- Mobile / Cell phone (smartphone strongly recommended)
  - Mobile / Cell phone with international roaming that works in North America
  - Each runner should save the organization's safety phone numbers
- Personal collapsible cup (15 cl / 5 oz minimum)
- Minimum water supply of 1/2 liter
- Safety blanket
- Whistle

### **Recommended Equipment**

- Running pack for carrying supplies for the duration of the race
  - Pack can be a backpack, vest or waist/belt pack
- Food reserve. (Recommendation of 800 kcal: 2 gels + 2 power bars each of 65 g)
- Whistle
- Gloves
- ID Card / Passport
- Jacket with hood for bad weather in the mountains
- Hat (beanie, cap, bandana, Buff®)

### **Other Recommended Equipment (*including, but not limited to*)**

- Spare warm clothing (essential in case of cold and rainy weather or in case of injury)
- Trekking poles
- GPS watch

## **10K CATEGORY**

### **Mandatory Equipment**

- Mobile / Cell phone (smartphone strongly recommended)
  - Mobile / Cell phone with international roaming that works in North America
  - Each runner should save the organization's safety phone numbers
- Personal collapsible cup (15 cl / 5 oz minimum)
- Minimum water supply of 1/2 liter

### **Recommended Equipment**

- Running pack for carrying supplies for the duration of the race
  - Pack can be a backpack, vest or waist/belt pack
- Food reserve. (Recommendation of 800 kcal: 2 gels + 2 power bars each of 65 g)
- Whistle
- Gloves
- ID Card / Passport
- Jacket with hood for bad weather in the mountains
- Hat (beanie, cap, bandana, Buff®)

### **Other Recommended Equipment (*including, but not limited to*)**

- Spare warm clothing (essential in case of cold and rainy weather or in case of injury)
- Trekking poles
- GPS watch

## **WEATHER PROTOCOL: KIT**

Hot or Cold Weather Kits may be implemented by Race Management if inclement weather determines it. Please refer to the Hot and Cold Weather Kits below. It is the runner's responsibility to bring all gear and kits that is or may be required for the race. Race Management may not be able to make the decision to implement the Hot or Cold Weather Kits until a few days out of the event as weather patterns are highly unpredictable and can change on a moment's notice, especially in the mountains.

**Cold Weather Kit:** (May be required by the organization, depending on weather conditions) ALL DISTANCES

- Protective eyewear \*\*\*
- 2nd warm layer in addition to jacket recommendation.
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes Not recommended)
- Warm hat
- Warm and water-proof gloves
- Waterproof over pants
- Survival blanket of 1.40m x 2m minimum / 55 inches x 80 inches

\*\*\* It is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)

*NOTE: According to the above jacket recommendation, the runner must judge whether their jacket is suitable for inclement weather in the desert/course terrain.*

**Hot Weather Kit:** (May be required by the organization, depending on weather conditions) ALL DISTANCES

- Sunglasses
- Sunscreen, recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters