

BASIC KIT

IMPORTANT COMPETING WITHOUT ANY MANDATORY GEAR WILL RESULT IN DISQUALIFICATION.		100 Miles	100k	50k	20k	10k
	Running Pack. ~ Pack can be a backpack, vest or waist/belt pack (Running waist/belt pack must fit all Mandatory Gear or risk disqualification.)			 RECOMMENDED	 RECOMMENDED	 RECOMMENDED
	Mobile / Cell (smartphone strongly recommended). ~ International athletes must have North America roaming enabled. ~ Strongly recommended: Download the LiveTrail app. ~ Each runner should save the organization's safety phone numbers					
	Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted).					
	Minimum water carrying capacity to meet the following in each distance	 1.5 LITER	 1 LITER	 1 LITER	 0.5 LITER	 0.5 LITER
	Two fully working headtorches or chest lamps with adjustable power, with a backup power supply system for each. ~ Recommended output: 200 lumens. ~ Phones and watches are not accepted as a light source. <u>Case no. 1 - Lamps using batteries or removable battery packs:</u> Plan one set of spare batteries or spare battery packs for each of the two lamps. <u>Case no. 2 - Rechargeable lamps (no removable batteries):</u> A portable external battery (power bank) is tolerated provided that: ~ one of the two maps is always usable (in particular while the other is charging); ~ The power bank has a minimum capacity of 5000 mAh and is fully charged at the race start.	 2 REQUIRED	 2 REQUIRED	 1 RECOMMENDED		
	Safety blanket ~ Minimum dimension: 1,40 m x 2 m					 RECOMMENDED
	Whistle					 RECOMMENDED
	Food Reserve ~ Recommendation of 800 kcal: 2 gels + 2 power bars each of 65 g				 RECOMMENDED	 RECOMMENDED
	Jacket with hood for bad weather in the mountains, and durable water-repellent (DWR) protection. 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.			 RECOMMENDED	 RECOMMENDED	 RECOMMENDED
	Hat (beanie, cap, bandana, or Buff®)			 RECOMMENDED	 RECOMMENDED	 RECOMMENDED
	Gloves	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED
	ID Card / Passport	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED
	Spare warm clothing ~ Essential in case of cold and rainy weather or in case of injury	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED
	Trekking Poles	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED
	GPS Watch	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED