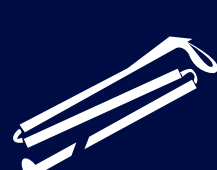


MANDATORY EQUIPMENT

	VDA	CDH	TDL	PDA	EXP	SKY	VIELHA 10 KM
 Closed shoes suitable for trail running. Barefoot running is not allowed.							
 Backpack or similar to carry the mandatory equipment. The timing chip delivered along with the bib number must be added to the backpack.							
 Smartphone with Livetrail App installed. The runner must be available and answer the phone at any time before, during and after the race : Keep your phone on, airplane mode is prohibited and can be penalized. An external battery is recommended.							
 Personal glass of at least 15cl. (Drums or containers with stoppers not accepted).							
 Water reserve of 1.5l minimum.				 1 LITER	 1 LITER	 1 LITER	
 2 headlamps with batteries or spare batteries for each headlamp. Recommendation: 200 lumens or more for the main lamp.				 1 HEADLAMP			 1 HEADLAMP
 A low-intensity rear red position light with a steady mode, intended to make the runner visible without dazzling other participants. It must remain switched on during night sections. Flashing mode is not permitted. It ay be integrated into the headlamp or be a separate device attached to the rear of the backpack.							
 Survival bivouac bag or emergency bivvy bag. This must have minimum dimensions of 2.0m x 0.9m. It is recommended this is a thermal bag which retains body heat. A survival blanket or foil blanket is not acceptable.							
 Survival blanket of 1.40m x 2m minimum.							
 Whistle.							
 Food reserve. Recommended: 800kcal (2 gels + 2 energy bars of 65g each).							
 Jacket with hood to withstand bad weather in the mountains and made with a waterproof membrane minimum 10,000 mm water column and breathable (recommended RET less than 13). - the jacket must imperatively have an integrated or attached hood with a system provided of origin by the manufacturer. - the seams must be heat-sealed. - the jacket must not have parts made of a non-waterproof fabric, only the ventilation provided by the manufacturer (under the arms, on the back) and as long as they do not obviously alter impermeability, are accepted. It is the responsibility of the runner to judge, according to these criteria, if his jacket adapts to the regulations and therefore to the bad weather in the mountains, but in a control, the judgment of the person in charge of the control or the commissioner will prevail.							
 Second additional thermal layer: A long-sleeve thermal layer (cotton excluded) with a minimum weight of 180 g (in the runner's size).							
 Long-legged running pants or tights.							
 Waterproof overtrousers.							
 Cap or bandana.							
 Warm, waterproof gloves.							
 Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	
 Poles.	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	
 Drinking water tablets or Soft flask with filter.	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED			
 Dishes and eating utensils.	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED			
 Vaseline or anti-scratch cream.	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	
 Sunscreen.	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	
 GPS watch with race course uploaded.	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	
 Adhesive elastic band (min. 100 cm x 6 cm).	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED			
 Sunglasses.	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	