



## GORE-TEX Transalpine Run

### Final checklist & what to pack

Just like that you wake up and realize that you only have 50 days until the start of the GORE-TEX Transalpine Run and all sorts of thoughts run through your head: I need to go run. Do I have the right gear? I should go run again. What's on the mandatory gear list? Is there anything else I need to do to ensure I am ready? Oh yea... run.

With the race only 9 weeks away, it's time to make a packing list. Here are some tips that will help make your final prep and packing a little easier:

### Equipment

It's required that each **participant** must carry the following items:

- Trail running shoes with tread suitable for alpine terrain. (2-3 pairs for the entire race recommended)
- Foul-weather gear for all mountain conditions (minimum water-proof rain coat)
- Warm clothing – long sleeved shirt and running pants
- Gloves and toque/warm hat
- X-Mug or soft flask for drinks at aid stations
- Water bladder/tank containing at least 1.5 liter of water
- Personal ID (this can be your event ID given to you at registration)
- You must label all of your food / beverage supplies with your bib number.

It's required that each **team** must carry the following items: (you can split these items up among your team.)

- Emergency kit (1x sterile dressing 4"x4", 2x field dressing, 2x sterile gloves, 1x triangular bandage, 4x band-aids, 1x emergency whistle, blister pads, rescue blanket)
- GPX watch with complete course data saved to memory, or the printed course map(s) and elevation profile (received at registration)
- Running pack
- Mobile phone which has the number of the rescue service saved in its address book in order to be able to make emergency calls (it must be made sure that the phone can make international calls and works abroad)

\*\*Please note that random gear checks are conducted at starting lines.

Personal recommendations:

- Running poles
- Running food and beverage (race fuel)
- Anti-chafing cream
- Sun-screen
- Sun glasses
- Sleeping mat and bag if you're staying in the camps. These are mandatory.

### Luggage

Race organizers supply each runner with a Salomon bag (85cm x 35cm x 35cm, approx. 100L capacity) at the time of registration. It will have your bib number visible on the outside of the bag. You will be required to repack it with all the things you will need for race week. Any additional items are kept in your own personal luggage bag and brought back to registration where it will be shuttled to the finish in Brixen, where you can pick it up at the end of the race.

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The visible bib numbers help the transportation team identify each runner with the hotel they're staying at. It's important you send a list of hotels and addresses to the race organizers, so they can plan pick-up and delivery of your luggage throughout the week.

### Drop Bag

Keep in mind you won't need to pack the daily gear you'll wear/pack with you on each stage. In addition, race organizers provide racers with a drop bag that you can use for a warm layer, your recovery fuel or a pair of sandals, for example. The drop bag is the size of a typical shoe bag/string back-pack with just enough room for a few essentials. Racers can drop this bag off the morning before each stage start and pick it up at the end of each stage. The bag is marked with your bib number for easy identification.

### Package Pick-Up

Race organizers will send an update out via email and use their social media sites to advise the dates and times of the event Expo and package pick up in the week leading into the race. There is usually package pick up on Friday evening and Saturday leading into the welcome ceremonies and pasta party on Saturday night.

Please bring \$50 euro with you when you go to pick up your starter package. This will serve as a deposit on the timing chip inside your race bib. You will get the \$50 euro back when you return your timing chip at the end of the race. You can do this at the finish line in Brixen.

### Currency

Most hotels will take visa, however some of the stage towns you'll be travelling through are very small and they may only take euros. Due to the size of some of these small towns, finding a bank or ATM can sometimes be difficult and it's possible that some racers hotels will be just outside of town. Not to mention that depending on your finishing time, the last thing you will feel like doing is going to find a bank. Be sure you plan accordingly.

### Checklist

1. Review mandatory **participant & team** gear and ensure you have all the items.
2. Pre-label all your gels, power bars, fuel and hydration items that you'll take with you on the trail every day, with your bib number. Your fuel will be checked every morning and will need to be marked in order for you to participate each day.
3. Try to find a bag that mimics 100 liters and pre-pack all the items you think you will need for race week. This includes race items and personal items to ensure they all will fit. Any additional items for after the race, can stay in your personal suitcase, be dropped off with race organizers and be picked up in Brixen at the end of the race.
4. Have \$50 euro ready to take to package pick up for your bib/chip deposit.
5. Be sure to travel with enough euro or plan ahead in the larger communities to access a bank.

*Rene Unser is a 7-time GORE-TEX Transalpine Run participant and has finished hand in hand with her partners, finished solo, DNF'd, has won stages and finished 3<sup>rd</sup> overall in the team women's category. Throughout all these experiences, she has learned so much about herself, partner racing and stage racing and is working with Plan B to share monthly stories and insights that will help others make the most out of their 2018 journey across the alps. Thanks for reading!*

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