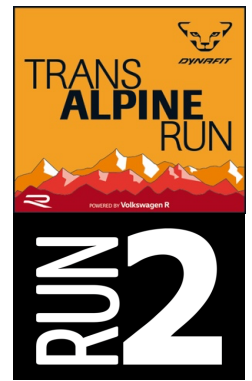


# MANDATORY EQUIPMENT

## EACH PARTICIPANT :



### Clothing:

- closed trailshoes with a grippy sole
- waterproof jacket
- long sleeve or arm sleeves
- long trousers or leg sleeves
- gloves and hat/"Buff"
- spikes (only on certain stages) **not RUN2**

### Equipment:

- cup for drinks during the race
- water container with a volume of 1 liters
- personal ID
- labeling the food beverage with the bib number

## EACH TEAM:

- mobile phone + saved emergency number
- route map – printed or stored on the navigation watch
- first aid kit

WIN<sup>WIN</sup>

**PLAN B** WE SHARE YOUR PASSION