

Canyons 2023: Pulled from Race Regulations doc 9-16-22

EQUIPMENT

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist (see below) and must carry all the equipment with them during the duration of the race even if the runner is not using it.

The “hot-weather” and the “cold-weather” kits are part of the recommended equipment. According to the weather conditions, the race organizer might require one of those two additional kits and inform each participant before the opening of the check-in.

Please note: the items included in the mandatory equipment checklist are the basic pieces of equipment each runner must carry with them. It is important not to choose the lightest possible clothing. Instead, runners should pack clothing that provides adequate protection in the mountains/course terrain against inclement weather conditions, including cold, wind, heavy precipitation, and snow.

100M: Mandatory Equipment Checklist

Mandatory kit:

- Minimum water supply: 1 liter of hydration capacity
- Reusable cup
- Running pack for carrying supplies for the duration of the race.
- Mobile/Cell phone (smartphone strongly recommended)
 - Mobile/Cell phone with international roaming that works in the United States of America.
 - Each runner should save the organization's safety phone numbers;
- Two (2) working headlamp with spare cells/batteries. Recommendation of 200 lumens or more for the main light. One can remain in drop bags.
- Jacket with hood for bad weather in the mountains/course terrain.
- Hat

100M: Recommended Equipment Checklist:

- Additional Nutrition recommendation: 800 kcal (2 gels + 2 energy bars)
- Mobile/Cell phone back-up charger
- ID –passport/ID card
- Survival blanket of 1.40m x 2m minimum / 55 inches x 80 inches.

100K: Mandatory Equipment Checklist

Mandatory kit:

- Minimum water supply: 1 liter of hydration capacity
- Reusable cup

- One (1) working headlamp with spare cells/batteries. Recommendation of 200 lumens or more for the main light
- Jacket with hood for bad weather in the mountains/course terrain.
- Hat

100K Recommended Equipment Checklist:

- Running pack to carry recommended gear throughout the race. (100-miler required)
- Additional Nutrition recommendation: 800 kcal (2 gels + 2 energy bars)
- Mobile/Cell phone (smartphone strongly recommended)
 - Mobile/Cell phone with international roaming that works in the United States of America.
 - Each runner should save the organization's safety phone numbers;
- ID – passport/ID card
- Survival blanket of 1.40m x 2m minimum / 55 inches x 80 inches

50K and 25K: Mandatory Equipment Checklist

Basic kit

- Minimum water supply: 1 liter
- Reusable cup

50K and 25K RECOMMENDED GEAR

- Running pack to carry recommended gear throughout the race.
- Mobile/Cell phone (smartphone strongly recommended)
- Additional Nutrition recommendation: 800 kcal (2 gels + 2 energy bars)
- Jacket with hood for bad weather in the mountains/course terrain.
- ID –passport/ID card
- Hat

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

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

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

Other recommended equipment (including but not limited to)- All distances:

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Poles in the case of rain or snow for your safety on slippery ground
- GPS watch

*** 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)

Music: Listening to music using earphones only is tolerated, so long as it is safe to do so. Any earphones MUST be removed when crossing any roads, as well as on approach to, and whilst at, any checkpoints and when approaching and passing any Safety Team members.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs.