




























MANDATORY EQUIPMENT

| | ▲ 110k | ▲ 73k | ▲ 47k RELAY | ▲ 47k | ▲ 24k | ▲ VNC |
|--|-------------|-----------------|--------------|--------------|--------------|-----------------|
|  Closed shoes suitable for trail running | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ |
|  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 and parameterized that allows its use in Spain and France. 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 | ✔ 0,5 LITER |
|  2 headlamps with batteries or spare batteries for one headlamp. Recommendation: 200 lumens or more for the main lamp. | ✔ | ✔ 1 HEADLAMP | | | | ✔ 1 HEADLAMP |
|  Survival bivouac bag | | | | | | |
|  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. | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ |
|  Long-legged running pants or tights | | | | | | |
|  Cap or bandana | ✔ | ✔ | ✔ | ✔ | ✔ | |
|  Second additional thermal layer: A long-sleeved second layer thermal garment (cotton excluded) weighing at least 180g (men, size M) OR the combination of a long-sleeved thermal undergarment (first or second layer, cotton excluded) of a minimum weight of 110g (men, size M) and a windbreaker* with water-repellent protection resistant (DWR protection) *the windbreaker is not a substitute for the waterproof jacket with hood, and vice versa. | | | | | | |
|  Warm, waterproof gloves | ✔ | ✔ | | | | |
|  Waterproof overtrousers | | | | | | |
|  Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury. | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED |
|  Adhesive elastic band (min. 100 cm x 6 cm) | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | |
|  Dishes and eating utensils | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | |
|  Poles | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED |
|  Vaseline or anti-scratch cream | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | |
|  GPS watch with race course uploaded | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED |
|  Knife or scissors to cut the elastic tape | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | |
|  Sewing kit | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | |
|  Drinking water tablets or Soft flask with filter | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | |
|  Sunscreen | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | |
|  Sunglasses | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | RECOMMENDED | |