

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist and must carry all the equipment with them during the race even though it might not be necessary to use it.

Organized and/or random equipment checks will be carried out before and during the race. A penalty up to and including disqualification will be applied to runners who do not have all the mandatory equipment with them (see PENALTIES).

**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 bad weather conditions, including cold, wind, heavy rainfall and snow.

**All clothing items must fit the runner - in terms of size - and they must not be altered in any way.**

**The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack or belt is tagged during race-pack collection and must not be changed during the race.**

In order to reduce plastic waste, no disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. We invite you to Bring Your Own Utensils (BYOU) if you wish to eat hot meals at the aid stations.

If runners choose to take hiking poles with them, they must carry them for the entire duration of the race. It is forbidden to start without poles and get them during the race.

No poles are authorized in the spare bags.

### Minimum mandatory equipment list :

#### TRAIL 20K:

- **Running pack** to carry mandatory gear throughout the race.
- **Smartphone:** the runner must be reachable at any time before, during and after the race:
  - with international roaming that works in the countries where the event takes place.
  - Each runner should save the organization's safety phone numbers, not mask/block their number and do not forget to start the race with the battery fully charged
  - Keep the phone ON at all times, airplane mode is forbidden and could result in a penalty.

- LiveRun application installed and activated.
- An external battery is highly recommended
- **Personal collapsible cup 15 cl/5oz** minimum (bottles or flasks with lids are not accepted)
- Minimum **water supply** of 1 liters
- **Survival blanket** of 1.40m x 2m minimum / 55 inches x 80 inches or survival bag
- **Whistle**

## HOT AND COLD WEATHER KITS

Hot weather kit (may be required by the organization, depending on weather conditions)

- Sunglasses \*\*\*
- Saharan cap or any combination which completely covers the head and nape/back of the neck
- 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)

- Protective eyewear \*\*\*
- 3rd warm layer (intermediary layer between the 2nd layer and the waterproof jacket)
- Recommendation: fleece or compressible down jacket
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

\*\*\* 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)

Other recommended equipment (including but not limited to):

- Durable water repellent (DWR protection) windproof jacket
- Long-legged trousers or race leggings OR a combination of leggings and socks to cover the legs completely
- Cap, bandana or Buff®
- Additional warm second layer: a warm second layer top with long sleeves (excluding cotton) weighing at least 180g (6,5 ounces) OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g (4 ounces) and a windproof jacket\* with durable water-repellent protection (DWR protection)

\*the wind-proof jacket does not replace the mandatory waterproof jacket, or vice versa

- Hat
- Warm gloves
- Waterproof overpants
- Sunglasses
- Protective eyewear
- Saharan cap or any combination which completely covers the head and nape/back of the neck
- Sunscreen

- 3rd warm layer (intermediary layer between the 2nd layer and the waterproof jacket). Recommendation: fleece or compressible down jacket
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)
- Poles
- Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm / 40 inches x 2,5 inches)

If you have further questions about mandatory equipment, do not hesitate to consult the organization.