



# REGULATORY EQUIPMENT

ITEM	Descripción	Buenavista - UBS	Cordoba - DCS	Cocora - RCS	SantaRita - TRS	Salento Trail
Vest or Backpack	Equipment for carrying mandatory gear	YES - Mandatory	YES - Mandatory	YES - Mandatory	YES or Belt	YES or Belt
Running Belt	Equipment for carrying recommended gear	Recommended	Recommended		YES or Vest	YES or Vest
Hydration System	Water reserve system in reusable containers	YES 1,5lts min.	YES 1,5lts min.	YES 1,5lts min.	SI 1lt min.	SI 500cc min.
Mobile Phone *	Mobile phone with roaming that allows use in COL *	YES	YES	YES	YES	YES
PowerBank	Backup battery for phone and headlamp	YES	YES	YES		
Reusable Personal Cup	Capacity 150ml or more (No bottles, no jugs, no containers with lids)	YES	YES	YES	YES	YES

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Headlamp	In functional condition with at least 200 lumens and fully charged or with spare batteries	YES	YES	YES	YES	
Whistle	For emergency use	YES	YES	YES	YES	YES
Thermal Survival Blanket	1,40 x 2 mts	YES	YES	YES	YES	YES
Identification	Can be a copy	YES	YES	YES	YES	YES
Cash	For unexpected expenses	YES	YES	YES	YES	YES
Adhesive Bandage		YES	YES	YES	YES	YES
Portable Reusable Utensils	UTENSILS ARE NOT PROVIDED at aid stations and food points	YES	YES	YES	Optional	
Reserve Food	Reserve according to personal race plan	1000kcal	1000kcal	600kcal	400kcal	Recommended

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Additional Leg Protection	Leggings or tights covering the entire legs	YES	YES	Recommended	Recommended	Recommended
Additional Arm Protection	Long-sleeved shirt or sleeves	YES	YES	Recommended	Recommended	Recommended
Jacket with Hood	Must be at least 10,000mm - Schmerber	YES	YES	YES	Recommended	Recommended
Trail or hiking poles **		Recommended	Recommended	Recommended	Recommended	Recommended
GPS Watch	Watch with GPS technology	Recommended	Recommended	Recommended	Recommended	Recommended
Sunglasses		YES	YES	Recommended	Recommended	Recommended
Scissors	To cut elastic bandages	YES	YES	YES	Recommended	Recommended
Emergency Sewing Kit		YES	YES	YES		

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Prescription Medications * * *	Medications with a medical prescription					
Gaiters	Protective gaiters for running	Recommended	Recommended	Recommended		
Additional clothes		Recommended	Recommended			

\* Must be functional and have the organization's emergency number, mandatory live trail app, and fully charged battery.

\*\* If carried at the start of the race, you must finish with them; poles are not allowed in the runner's bag

\*\*\* Medications must be presented with a medical prescription and are the runner's responsibility.

The list may vary according to climatic and terrain conditions prior to the race, and will be republished 12 hours before the event