

MANDATORY EQUIPMENT

	EQUIPMENT / COURSE	100K	50K	20K
	Clothing and Footwear:			
1	Closed trail running shoes with tread outsole	X	X	X
2	Running backpack with mandatory equipment	X	X	X
3	2 x fully functioning head or hand torches and external batteries	X	X	O
4	Cap, bandana or buff	X	X	X
5	Waterproof jacket with hood	X	X	O
6	Warm second layer	X	X	O
7	Long-legged trousers, race leggings or long socks	X	X	O
8	Warm and water-proof gloves	X	X	O
9	Reflective Vest or Clothing (compliant with EN471 or 1150 standards)	X	X	O
	Equipment:			
11	ID - Passport / ID card	X	X	X
12	Smartphone with international roaming and LiveRun app downloaded (switched on and airplane mode turned off)	X	X	X
13	Reusable cup (150 ml minimum) for drink	X	X	X
14	Reusable plate or bowl and cutlery (Bring Your Own Utensils (BYOU) policy)	X	X	X
15	Capacity to carry a minimum 2 litres of fluids	X	X	O
16	Capacity to carry a minimum 500mL of fluids	O	O	X
	Emergency			
16	Survival blanket (min 1.4m x 2m)	X	X	X
17	Whistle	X	X	X
16	Elastic Tape and Bandage (min 100x6cm)	X	X	O
17	Food reserve (800kcal)	X	X	O

X : Mandatory equipment at all time

O : Non-mandatory equipment