



## EQUIPMENT

### **Mandatory personal equipment:**

Bike (MTB)

Bike helmet – is required during the whole race

Rear light for bike

Abseil – only ULTRA category : Petzl gri-gri or Petzl stop descender, climbing harness(UIAA)

Headlamp

### **Mandatory team equipment:**

Race maps (provided by the organizer)

Mini first aid (first band, compress, bandages, space blanket)

Compass

Whistle

Cell phone

Kayak with paddles and vests (provided by organizer). In the case that a team has its own kayak, entry fee shall be reduced **100,00kn**.

In this case the team permits to the organizer the possibility to use his kayak for other teams in the other category to do the kayak section before or after them.

### **Mandatory equipment for Single category:**

Race maps (provided by the organizer)

Mini first aid

Compass

Cell phone

### **Recommended equipment:**

Dry bag

Map protective foil