



**Mandatory gear list**  
**Length of 5 to 8 hour adventure race**

**Mandatory at all time for all individual:**

- ✓ Whistle
- ✓ Race jersey (provided)
- ✓ Water container (min. 1 L capacity).
- ✓ Emergency blanket

For the **clothing only** it is up to you to keep them with you at all time during the race or to put them in your transition bags (you must at least bring those items at registration):

- ✓ Long sleeved polar or equivalent
- ✓ Waterproof jacket
- ✓ Replacement pair of socks
- ✓ Mittens or gloves

**Nutrition + Hydration (recommended)**

- ✓ We strongly recommend bringing food and energy drinks (Gatorade, E-Load, XS Gear or equivalent)
- ✓ Suggestions: energy bars, nuts, gels, fruits, small snacks...

**Nautical section**

**Solo = kayak**

**Duo = canoe**

- ✓ 1 certified life jacket per racer
- ✓ 1 paddle per racer

For the Duo category, Raid Pulse will provide boats, life jackets and paddles.

Solo racers must bring their own kayak.

Kayak paddles are accepted for teams of two.

To rent SRS high performance kayak paddles contact us: [info@raidpulse.com](mailto:info@raidpulse.com)

**Mandatory at all time for the team:**

- ✓ Maps --- (provided)
- ✓ Passport --- (provided)
- ✓ Compass
- ✓ Pencil
- ✓ Map bag
- ✓ Lighter or waterproof matches

**First aid kit :**

- ✓ 5 closure (butterfly) bandages
- ✓ 1 roll of adhesive tape
- ✓ 1 tube of antibiotic ointment (Polysporin)
- ✓ 10 antibacterial towelettes
- ✓ 2 tensor bandage
- ✓ 5 anti-inflammatory pills (Advil, Motrin, etc.)
- ✓ 2 gauze roll

**Mountain biking section only (per person):**

- ✓ Mountain bike
- ✓ Certified safety helmet
- ✓ 1 spare tube

**Mountain biking section only (per team):**

- ✓ Allen key set
- ✓ Tire pump
- ✓ Tire levers
- ✓ Chain repair tool

**Transition area only (per team)**

- 1- 2 large bags for transportation of team's equipment, food and clothes.