



## CLOTHING / EQUIPMENT

Weather conditions can change quickly in the high mountains. Therefore, all participants must wear or carry in their backpack the following clothing and equipment. We will carry out checks on the start line and at the control points. Participants who do not have all of the items listed below may be subject to time penalties or disqualification.

- **Closed trail running shoes or hiking shoes** with a tread that is suitable for the alpine terrain
- **Labeling** of a participant's food / beverage supplies by the individual's start number
- **Foul-weather gear** for protection from the elements (as a minimum water-proof rain coat)
- **Warm clothing** (long-sleeved shirt and pants) as insulating layers underneath the rain gear (in case of bad weather conditions which may set in suddenly in high mountain territory); basic rule: **it is not allowed to see any skin!**
- **Gloves and a hat**
- **Drinking vessel** to get drinks at the food stations
- Water tank containing **at least 1 liter**
- **Emergency kit** (1x sterile dressing 4"x4", 2x field dressing, 2x sterile gloves, 1x triangular bandage, 4x band-aids 1x emergency whistle, blister pads, rescue blanket)
- **GPX watch** with complete course data saved to memory, alternatively: the printed course map(s) and elevation profile
- **Backpack**
- **Mobile phone** with **Medical Crew Number saved** in its address book to be able to make emergency calls (it must be made sure that the phone can make calls from within Austria as well)

**Also recommended:** sun screen, sports glasses, fatty cream against chafing, additional supply of own food and beverages, blister tapes.

**WIN**<sup>WIN</sup>

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