



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 the carried food with the start number
- **Foul-weather gear** for protection from the elements (as a minimum waterproof 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 cap**
- **Foldable cup** to get drinks and at the food stations and in the finish area
- 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)
- **Backpack**
- **Navigation watch** with saved GPS track of the selected route or **alternatively route maps** in printed version. Maps are provided by the organizer online for printing
- **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 abroad as well)
- **Disinfectant, mouth and nose protection and disposable gloves**

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

WIN^{WIN}

PLAN B

WE SHARE YOUR PASSION