



## EQUIPMENT

Teams must have all mandatory equipment as listed in the Mandatory Equipment section below. Organizers reserve the right to check mandatory equipment at any time during the race. If any of the mandatory equipment is missing or is lost during the race the team will be penalized.

### Mandatory equipment

#### Personal equipment:

- mountain bike with the yellow or white front light and red back light; headlamp is ok as the front light
- biking helmet
- paddling helmet
- roller skates (only 24 Non-stop categories), poles are allowed
- gloves
- headlamp (needed only for reading the map)
- compass
- long sleeve thermal (fleece) top in a waterproof bag
- waterproof jacket with a hood
- windproof pants
- bottle, minimum 0.5 l
- backpack

#### Team equipment:

- matches or lighter in a waterproof bag
- knife, minimum 5 cm blade
- first aid kit: elastic bandage, non-elastic bandage, plaster, adhesive tape, survival blanket, whistle
- mobile phone in a waterproof bag (usage allowed only in emergency)
- pen
- mountain bike repair kit, spare tires

#### Equipment provided by organizers:

- canoe, paddles and lifejackets
- climbing equipment
- AC24 Buff put on so that it shows
- race bib
- GPS tracker
- maps
- road book

### Recommended equipment

- lock for the Mountain bike (personal)
- material for covering the map
- extra seat for the canoe

### Forbidden equipment

- Such own navigation devices that show the location on map
- Own maps