



ADVENTURE@MECHUKHA MANDATORY EQUIPMENT LIST

The AR World Series members using this list have collectively agreed on standard mandatory equipment and definitions of this equipment that individuals and teams must carry while participating in an AR World Series adventure race. They have also agreed on the rationale and logic for the inclusion of items on this list. Additional items may be added by race organizers where they are specific to their location, conditions, or laws of the host country.

PERSONAL RESPONSIBILITY AND ASSUMPTIONS - You and your team are responsible entirely for carrying suitable and appropriate equipment, clothing, and sustenance for the climate, conditions, and activities at the event. This Mandatory Equipment List is NOT a list of the only items you should take. It contains the mandatory items that you and your team must carry with you, at specified times, to meet minimum safety requirements by law, prevent and/or treat SOME potential injuries, and for short-term survival purposes (for example, a seriously injured team member, in a stationary position, overnight in bad weather). It assumes your team members will NOT separate during the race and that you may share between members the mandatory equipment that must be carried. You will certainly need additional equipment, clothing, food, and drink for your participation in the event.

RECOMMENDED AND INFERRED ITEMS

The following items, categories of equipment or related items, are either strongly recommended by organizers or assumed to be an inferred requirement, as competitors must understand adventure racing, the activities they will be participating in, and general outdoor adventure knowledge and experience.

- Backpacks and water carrying containers/ bladders/ bottles.
- Foods and sustenance, sufficient until the next resupply, including quantity for unexpected circumstances.
- Personal race clothing and footwear suitable for extreme conditions (including accessories such as hats/ gloves, eye protection, watch/altimeter as required, and clothing for water activities such as wetsuits).
- Cycle repair kit (including pump, tubes, tools, and spare parts).
- Waterproofing/ dry bags to keep personal and team equipment as dry as necessary.
- Water purification devices or chemicals - to avoid illness from drinking contaminated water.
- Personal medications (not in contravention of anti-doping rules) permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification tags, and sun protection creams.
- Money/ Credit card, personal identification card/ Passport, immigration or visa certificates.
- Additional and backup Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.

RULES - As a competitor in the AR World Series event using this list, you and your team are required to carry the mandatory equipment items with you at the specified times. Checks of mandatory equipment may occur during the race, and missing equipment may result in penalties or disqualification as per the race rules. If any items are used/ consumed/lost during a leg, they must be replaced at the next transition point.

The mandatory equipment is divided into two categories: equipment you and your team must always carry, and equipment you and your team must carry during a specific DISCIPLINE.

PROHIBITED ITEMS - Prohibited items are outlined in the ARWS Rules of Competition <https://arworldseries.com/resources/>. There are specific rules on items containing GPS, communications/ internet capabilities, and items that could potentially assist with navigation.

ALL TIMES - ALL DISCIPLINES				
Yes/No	Name	Image	Quantity	Description
	Whistle		1 x per competitor (no share)	Each competitor must always carry a whistle that is pea-less and functional in wet conditions. It must always be easily accessible to sound an alert if required.
	Light Source (Headlamp)		1 x per competitor	Light source (such as a headlamp), waterproof, with a sufficient number of batteries required for the entire race.
	Shell Layer Top (Jacket)		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, and breathable as specified by the manufacturer. Jacket must have a hood, seams tape sealed, and be suitable for potentially extreme conditions in an adventure race.
	Shell Layer Bottom (Pants)		1 x per competitor	The shell/ outer layer pants must be waterproof and windproof as specified by the manufacturer. Pants must be suitable for potentially extreme conditions in an adventure race.
	Base layer Top		1 x per competitor	Long sleeve, close-fitting top of synthetic or wool fabric. Lightweight, moisture-wicking/ quick drying, and worn next to your skin. A top may either be carried or worn.
	Base layer Head (Beanie)		1 x per competitor	Beanie (or Buff) must be close-fitting and of synthetic or wool fabric. Lightweight, moisture-wicking/ quick drying, and worn over your hair/skin. Beanie may either be carried or worn.
	Magnetic Compass		2 x per team	Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race. Watch compasses do not meet these requirements.
	Survival Blanket (Space Blanket)		1 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia but also provide shade or aid in visibility. (note bags can deteriorate over time.
	First Aid Kit		1 x per team	First Aid contents are specified separately. Must be contained in a waterproof bag.
	Fire Starting Device		1 x per team	Waterproof matches, gas lighter, flint, and steel are all acceptable fire-starting devices.

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	Knife		1 x per team	Minimum blade length 50mm and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while kayaking.
	Sleeping Bag / Bivy Bag		1 x per competitor	Full-length sleeping bag or heat reflective breathable bivy sack. (not enclosed survival/space blanket) When tested on scales, the weight of the bag must be 150 grams or greater. The primary purpose is warmth.
	Cell Phone		1 x per team	Cell phone with a fully charged battery, turned off, and sealed in an opaque and waterproof bag/container for emergency use only. Race organizers will provide advice on specific cell networks (if required) and seal phones in security bags before the race.
	Digital Camera		1 x per team	Camera or electronic recording device (e.g., video camera), waterproof, shockproof, with a charged battery. Used to photograph in case of a missing checkpoint.

	ALL TIMES - MOUNTAIN BIKE DISCIPLINE			
	Name	Image	Quantity	Description
	Mountain Bike		1 x per competitor	A mountain bike is appropriate for adventure racing. No road or cyclocross bikes.
	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g., CE, UIAA, or country equivalent)
	Front Light		1 x per competitor	Front-facing white light. May be head or handlebar mounted.
	Rear Light		1 x per competitor	Rear-facing red light. Must be mounted on the bicycle. Recommended spare rear lights are carried amongst team.
	Cycle repair kit		1 x per team	Comprehensive repair kit. Pump, tubes, tubeless repair kit, duct tape, cable ties, chain break, tools, spares (derailleurs, hanger, tires, brake pads). Cycling will be in a remote area with no assistance to repair the cycle.

	ALL TIMES - KAYAK DISCIPLINE			
	Name	Image	Quantity	Description
✓	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor	Correctly sized for the competitor and must meet the safety standards of the country of the race. Always worn while kayaking. Inflatable-type vests are not acceptable. Foam deteriorates over time and loses buoyancy.
✓	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	Helmet		1 x per competitor	Organizers specify if river helmets are mandatory for any white-water rivers or if cycle helmets are acceptable. Worn as directed by race organizers.
✓	Throw Bag Rope		1 x per boat	Rescue device with a length of rope stuffed loosely into a bag so it can pay out through the top when thrown to a person. Minimum rope length 10m/ 30ft. Also useful for towing other kayaks in an emergency.
✓	Wetsuit, drysuit, or waterproof jacket and pants set.		1 x per competitor	Wetsuit, drysuit, or a waterproof jacket and pants per team member. Water will be cold between 10 and 12 Degrees Celsius. It is the team's responsibility to choose the correct cold-temperature protective clothing.

	ABSEIL – ONLY TWO TEAM MEMBERS WILL ABSEIL			
	COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 			
Yes/No	Name	Image	Quantity	Description & Required Discipline
✓	Helmet		2 x per team	Cycle helmets are acceptable. Worn as directed by race organizers.
✓	Harness.		2 x per team	Any harness of the competitor's choice.
✓	Descending device		2 x per team	Any descending device of the competitor's choice. The descending device must be suited for use on an 11mm rope.
✓	60 cm safety sling		4 x per team	60 cm safety sling of competitors choice
✓	Carabiner		4 x per team	Locking carabiners of the competitor's choice
✓	Gloves		2 pairs per team	Any type of glove to protect hands when abseiling.

EQUIPMENT SUPPLIED BY ORGANISER				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Official Race Bib (Vest/ Jersey/ Bib)		1 x per competitor (No share)	Organizer to provide. The official race bib must always be worn by each competitor as the outermost garment (Except on kayak leg). Vest/packs that cover the front of the bib are not permitted.
	Course Information, Passport and Maps		1 set x per team	Organizer to provide. Course maps (2 sets), course notes, and passport/ control card, provided by organizers, are appropriate for the section of the race teams are completing.
	Kayak		2 kayaks per team	Organizer to provide. Double sit on top plastic kayak.
	Paddle		1 x per competitor	Organizer to provide. One paddle per team member Please inform the organizer if the team members are using their own paddles
	Re-supply bags		4 x per team	Organizer to provide. 80 liters.
	GPS Tracker		1 x per team	Organizer to provide. GPS tracker provided by race organizers. Must be carried and used in accordance with the direction of race organizers.

	FIRST AID KIT - ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES			
	Name	Image	Quantity	Description
	Insect repellent		1 x	General insect repellent for general insects, Teams will be provided with locally supplied leech deterrent at applicable transitions.
	Pressure Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	The total length of the bandage is a minimum of 2 meters and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localized pressure to site of injury or wound.
	Triangular Bandage		1 x	This bandage in the shape of a right-angle triangle can be used to make a sling, a normal bandage, and other applications.
	Wound Dressing (Sterile)		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to the wound to prevent further harm and promote healing. Self-adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film is recommended.
	Strapping Tape (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
	Antihistamine (strong)		4 x adult doses minimum	Antihistamine tablets inhibit the action of histamines and can be taken in the event of an allergic reaction. Further medical attention may be required.
	Anti-diarrhea Medication		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhea to help reduce excessive fluid loss. Note: Antidiarrheals do not eliminate the cause of diarrhea. Further medical attention may be required.
	Medical Gloves		1 x	To protect the wearer and/or the patient from the spread of infection or illness. Use medical gloves when your hands may touch someone else's body fluids (such as blood, respiratory secretions, vomit, urine, or feces)

Recommended Items - Additional first aid items that are highly recommended include (not in contravention of anti-doping rules) analgesics, anti-inflammatory, electrolyte replacement, disinfectant and antiseptic solutions/creams, blister treatment, and CPR face shield.