

STANDARD EQUIPMENT LIST

Equipment	Quantity	Description
Mountain Biking		
Mountain bike	1 x Per Competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes
Biking Helmet	1 x Per Competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent)
Repair Kit	1 x Per Team	As required for team
Suitable clothing & shoes	1 x Per Competitor	As required for team
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 light is carried amongst team.
Other Equipment's		
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.
Waterproof Backpack or waterproof dry bag	1 x Per Competitor	To carry, and sustain the race and key equipment's
Official Race Bib (Vest/ Jersey/ Bib)	1 x Per Competitor	The official race bib must be always worn by each competitor as the outermost garment. Vest/packs that cover the front of the bib are not permitted. Race bibs are provided by the race organizers.
Whistle	1 x Per Competitor	Each competitor must always carry a whistle that is pea-less and functional in wet conditions. It must be always easily accessible to sound an alert if required.
Light Source (Headlamp)	1 x Per Competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race.
Shell Layer Top (Jacket)	1 x Per Competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have a hood, seams tape sealed and 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.
Course Information and Maps	1 x Per Team	Course maps, course notes and passport/ control card, provided by organizers
Knife	1 x Per Team	Folding blade for safety
Cell Phone	1 x Per Team	Cell phone with fully charged battery, turned off and sealed in opaque and waterproof bag / container for emergency use only.
Digital Camera	1 x Per Team	Used to photograph in case of missing checkpoint.
Hydration bag / water bottles	1 x Per Competitor	

Stationery for mapping	1 x Per Team	Permanent Marker, Sketch pens, highlighter
Water proofing of maps	1 x Per Team	
Cello Tape	1 x Per Team	
Medical & Safety		
Basic First-aid kit	1 x Per Team	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, CPR face shield.
Painkillers, Crape Bandages, Anti blisters, Pressure Bandage (Elastic/ Crepe), Anti-diarrhea Medication	1 x Per Competitor	
Rope Works		
Tow Rope (Or Sling)	2 x Per Team	Small size of rope used to tow other team members

PERSONAL RESPONSIBILITY AND ASSUMPTIONS

- ✓ You and your team together are responsible entirely for carrying suitable and appropriate equipment and clothing. 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 short-term survival purposes.
- ✓ 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 an Adventure Race.
- ✓ Checks of mandatory equipment may occur during the race and missing equipment may result in penalties or disqualification as per the race rules.

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 have an understanding of 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 re-supply, 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 device 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, sun protection creams.
- Money/ Credit card, personal identification card/ Passport, immigration, or visa certificates.
- Additional and back up Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.

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

NOTE:

In addition to this list, there might be possibility of additional equipment required from race to race. Kindly check the respective event details or speak to the race organizers.

For any further questions: Reach us at NARS@nthadventure.com

NARS