















Equipo Obligatorio

ALL TIMES – ALL DISCIPLINE - ALL ARWS RACES				
Yes/No	Name	Image	Quantity	Description
✓	Official Race Bib (Vest/ Jersey/ Bib)		1 x per competitor (no share)	The official race bib must be worn by each competitor at all times as the outermost garment. Vest/packs that cover the front of the bib are not permitted. Race bibs are provided by the race organisers.
✓	Whistle		1 x per competitor (no share)	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times 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. Different light sources may be used in different disciplines e.g. headlamp, cycle lights.
✓	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.
✓	Mid Layer Top (Fleece)		1 x per competitor	The mid layer top is used between the base layer and shell layer to provide additional insulation in cooler conditions. Long sleeve top of synthetic or wool fabric. Mid weight (greater than base layer), moisture wicking/ quick drying. Top may be carried or worn. When tested on scales the weight of the top must be 175 grams or greater.







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✓	Baselayer 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. Top may either be carried or worn.
✓	Baselayer Legs (Leggings/ Tights)		1 x per competitor	Long leg, close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Bottom may either be carried or worn.
✓	Baselayer Head (Beanie or buff)		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.

✓	Course Information and Maps		1 x per team	Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing. Adequate waterproofing e.g. laminated or waterproof paper, clear adhesive (Contact) or waterproof map bag.
✓	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 specified separately. Must be contained in 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.
✓	Strobe Light		1 x per team	Must be flashing white light 360 degree visibility, waterproof to 1m or greater, rated for visibility beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. Can be used in an emergency situation (on both land and sea) to alert others to your location. Headlamps or cycle lamps that flash are not acceptable.
✓	Bivy Bag		1 x per team	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. Primary purpose is warmth.
✓	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. Race organisers will provide advice on specific cell network (if required) and seal phones in security bags before the race.
✓	GPS Tracker/ Emergency Communications		1 x per team	Specific device provided by race organisers. Must be carried and used in accordance with direction of race organisers.
✓	Digital Camera		1 x per team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. Used to photograph in case of missing checkpoint.






	ALL TIMES - MOUNTAIN BIKE DISCIPLINE - ALL ARWS RACES			
	Name	Image	Quantity	Description
✓	Mountain Bike		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
✓	Bike Box		1 x per competitor	Bike transport box measuring 140cm x 80cm x 30cm. Measurements other than these will not be allowed. Categoría AVENTURA no
✓	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 light is carried amongst team.

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	ALL TIMES - KAYAK DISCIPLINE - ALL ARWS RACES			
	Name	Image	Quantity	Description
✓	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor (no share)	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while kayaking. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy.
✓	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	Paddle		1 x per competitor	Categoría AVENTURA no
✓	Helmet		1 x per competitor	Organiser to specify if river helmet is mandatory for any white water rivers, or if cycle helmet is acceptable. Worn as directed by race organisers.
✓	Kayak (sit on top)			Supplied by race organisers (unless notified otherwise).
✓	Throw Bag Rope		1 x per boat	Rescue device with 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 emergency. Categoría AVENTURA no
✓	Paddle bag		1 x per team	Tubular bag 50cm diameter x 150cm long. (must contain all kayka ítems). Categoría AVENTURA no
✓	Illumination (Glow Stick/ Chemical light)		1 x per competitor 1 x per boat	One glow stick (100mm) attached to PFD in a highly visible position at all times (i.e. shoulder position). One glow stick attached to kayak (bring cable tie). Glow sticks must be glowing when dark. Multiple sticks may be required, bring spares. Categoría AVENTURA no

+	FIRST AID KIT - ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES			
	Name	Image	Quantity	Description
✓	Pressure Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 metres and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.
✓	Triangular Bandage		1 x	This bandage in shape of right angle triangle can be used to make a sling, as normal bandage and other applications.
✓	Wound Dressing (Sterile)		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film 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 inhibits the action of histamines and can be taken in event of allergic reaction. Further medical attention may be required.
✓	Anti-diarrhoeal Medication		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhoea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhoea. 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)

NO PARA LA CATEGORIA AVENTURA

	ALL TIMES – ROPE DISCIPLINE - ALL ARWS RACES			
	Name	Image	Quantity	Description
✓	Harness		1 x per competitor	Must be certified
✓	Carabinier		3 x per competitor	Locking carabiners of competitor's choice
✓	60 cm safety sling		2 x per competitor	60 cm safety sling of competitors choice
✓	Gloves		1 x per competitor	Long finger glove suitable for rappelling. Bike gloves get too hot and burn your hands.
✓	Descending device		1 x per competitor	Any descending device of competitor's choice. The descending device must be suited for use on a 11mm rope.
✓	Helmet		1 x per competitor	Cycle helmet is acceptable. Worn as directed by race organisers.



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PROHIBITED ITEMS

- Pedometers or electronic distance meters
- Night vision equipment
- Maps that are not provided by the organization

NOTAS: Los ítems marcados con una  no son necesarios para esta carrera.

El Strobe Light, NO ES UN STROBO de bicicleta, revisar muy bien la especificación de este ítem.

https://www.amazon.com/gp/product/B01BPJLCMY/ref=ppx_yo_dt_b_asin_title_o03_s00?ie=UTF8&psc=1

La cámara fotográfica debe de contar con una pantalla para poder hacer la verificación de las fotos.