



Comunicado Oficial

UPDATED
APRIL 20 / 2024

NEWSLETTER

PC12
ADVENTURE RACE

MAY 30 – JUN 10 / 2024



Bienvenidos ● *Welcome*

COLOMBIA es mágica y biodiversa y esta edición de PC12 Adventure Race tendrá mucho de esto. URABA es una región por descubrir, con gente amable, riquezas naturales y mucha biodiversidad.

Durante esos días disfrutarán de una experiencia única e irrepetible. Tendrán etapas mágicas de kayak en donde el mar caribe, el menos salado del mundo, será el escenario ideal para convivir con delfines y otras especies.

Deseamos que todos los participantes en esta edición se lleven la mejor experiencia posible y disfruten de las maravillas naturales que nuestro país y nuestro departamento tienen para ofrecer.

Como siempre, hemos puesto todo el esmero para hacer de esta carrera, la carrera que todo corredor desearía correr.

COLOMBIA is magical and biodiverse and this edition of PC12 Adventure Race will have a lot of this. URABA is a region to discover, with friendly people, spectacular natural landscape and a lot of biodiversity.

During those days you will enjoy a unique and unrepeatable experience. There will be magical kayak legs where the caribbean sea, the World's least salty sea, will be the ideal setting to coexist with dolphins and other species.

We hope that all participants in this edition have the best possible experience and enjoy the natural wonders that our country and our department have to offer.

As always, we have put all our effort to make this race the race that every adventure racer would like to run

www.pc12ar.com



Agenda TODAS LAS CATEGORIAS

ALL CATEGORIES

Sujeto a cambios / subject to changes

PC12
ADVENTURE RACE



ARWORLD SERIES

CRONOGRAMA INICIAL / INITIAL CRONOGRAM

| | |
|---------------------|---|
| JUE / THU may-30 | Transfer equipos internacionales del JMC a Medellin. Noche de hotel incluida en fee internacional. <i>Transfer of International teams from JMC airport to Medellín. Hotel included in the international fee.</i> |
| VIE / FRI may-31 | 04:12 Transfer de Medellin a Uraba (Apartadó)(Son 7 horas aprox y se tendrán varias paradas). Registro y recepción de TODAS las cajas (bici, A, B y C, y bolsa de agua) de 12:00 a 18:00. 19:00 transfer a Turbo Dormida en Turbo. Noche de hotel incluida en fee internacional. 04:12 Transfer from Medellin to Uraba (Apartadó) (7 hours aprox with some resting stops). Registration and reception of ALL gear boxes (bike, box A, B and C, and water bag) from 12:00 to 18:00. 19:00 transfer to Turbo. <i>Hotel in Turbo, included in the international fee.</i> |
| SAB / SAT jun-01 | 17:12 Briefing y ceremonia de inauguración. <i>17:12 Briefing and opening ceremony.</i> |
| DOM / SUN jun-02 | Inicio de carrera <i>Race STARTS</i> |
| SAB / SAT jun-08 | Cierre de carrera (12 del día) y clausura en la noche. <i>RACE ENDS (12 noon) and closing ceremony at night.</i> |
| DOM / SUN jun-09 | Transfer de Uraba a Medellin (Llegada a Medellin despues de las 16:00 aprox). <i>Transfer from Uraba to Medellin (Arriving at Medellin maybe after 16:00 aprox).</i> |
| LUN / MON jun-10 | Transfer de equipos internacionales de Medellín al aeropuerto JMC. <i>Transfer of international teams from Medellin to JMC airport.</i> |

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Transfer incluido en el fee internacional.
Para equipos colombianos se tendrán cupos habilitados, previa reserva.
(80.000 / persona Medellín - Apartadó).

Transfer included in the international fee

Transfer incluido en el fee internacional.
Para equipos colombianos se tendrán cupos habilitados, previa reserva.
(90.000 / persona Necoclí - Medellín).

Transfer included in the international fee

Localización ● *Location*



- **Medellín** será la ciudad sede para llegada de equipos internacionales. **TODOS los equipos** deben estar en esta ciudad a más tardar el jueves 30 de mayo, puesto que la salida para Urabá será en la madrugada del viernes 31 de mayo (04:12).
- El hotel oficial de PC12 es el HOTEL POBLADO Alejandría, en donde se hospedarán los equipos internacionales (mayo 30 y jun 9). Para los equipos internacionales que quieran arribar días antes y hospedarse en este hotel, o para los equipos nacionales que deseen reservar en este hotel, favor contactarse con la organización para tarifa especial PC12.
- URABA será la región en donde tendremos la experiencia PC12 este año. Una región llena de magia, biodiversidad e historia de conquistadores. También es la región bananera de Colombia y el mar menos salado del planeta.
- *Medellín will be the host city for the arrival of international teams. ALL teams must be in this city no later than thursday, may 30th, since the departure to Urabá will be in the early morning of Friday, may 31st (04:12).*
- *The official hotel of PC12, is the HOTEL POBLADO Alejandría, where the international teams will stay (May 30th and June 9th). For international teams that want to arrive earlier and stay at this hotel, or for national teams that want to reserve in this hotel, please contact the organization for a special PC12 rate.*
- *URABA will be the region where we will have the PC12 experience this year. A region full of magic, biodiversity and history of conquerors. It is also the banana region of Colombia and the least salty sea on the planet.*

Logística ● *Logistics*



- El miércoles 29 de mayo, todos los equipos colombianos deberán entregar su caja de bici (hasta 30 kgs para este envío), en el lugar PENDIENTE POR CONFIRMAR, con todo lo que requieran para la carrera. Sugerimos enviarla ya lo mejor organizada para carrera. En el lugar de registro la encontrarán para terminarla de organizar y preparar para carrera.
- *On Wednesday, May 29th, all Colombian teams must deliver their bike box (up to 30 kg for this transfer), at the location TO BE CONFIRMED, with everything they require for the race. We suggest sending it as best organized for the race as possible. At the registration site you will find them again, in order to finish organizing and preparing for the race.*
- Transfer equipos internacionales desde el aeropuerto JMC a Medellín: El jueves 30 de mayo se tendrán 2 transfer desde el aeropuerto JMC hasta el Hotel POBLADO Alejandría. Uno al medio día y otro al finalizar la tarde. Esto se coordinará con cada equipo que arribe al aeropuerto JMC.
- *Transfer for international teams from JMC airport to Medellín: On Thursday, May 30th, there will be 2 transfers from JMC airport to the Hotel POBLADO Alejandria. One at noon and another at the end of the afternoon. This will be coordinated with each team arriving at JMC airport.*

Logística ● *Logistics*

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- El viernes 31 de mayo, el TRANSFER partirá a las 04:12 hacia Urabá. Son unas 7 horas de viaje, pero se tendrán 2 paradas (para desayunar y para la “bienvenida”). Este transfer está incluido en el fee internacional. Para equipos colombianos se tendrán cupos habilitados, previa reserva. (80.000 / persona Medellín - Apartadó).
- Llegaremos directamente al lugar de registro (municipio de Apartadó), en donde encontrarán disponibilidad de almuerzo, baños, duchas, zonas verdes de descanso, piscina, etc. Allí estarán todas sus cajas y ese mismo día se hará el registro y recepción de cajas desde las 12:00 hasta las 18:00.
- A las 19:00 será el transfer desde Apartadó hasta Turbo para todos los equipos. El hotel para esa noche del viernes 31 de mayo será en TURBO. Los equipos internacionales estarán en el hotel de la organización. Los equipos nacionales deberán gestionar su dormida en Turbo y se les enviará información de hoteles disponibles y tarifas.
- *On Friday, May 31st, TRANSFER will leave at 04:12 towards Urabá. It's a 7-hour travel aprox, but there will be 2 stops (for breakfast and for the “welcome”).*
- *Finally, we will arrive directly at the registration place (municipality of Apartadó), where you will find availability of lunch, bathrooms, showers, resting areas, pool, etc. All your boxes will be there, to start registration and reception of race boxes from 12:00 until 18:00.*
- *At 19:00 we will have the transfer from Apartadó to Turbo for all teams. The hotel for that night, Friday, May 31st, will be in TURBO. The international teams will be at the organization's hotel. National teams must manage their overnight stay in Turbo and information will be sent regarding available hotels and rates.*

Logística ● *Logistics*

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- El sábado 1 de junio, será día libre y tendremos a disposición un lugar con piscina y un lugar en la playa. La inauguración y briefing serán a las 17:12. Dormida en Turbo.
- *Saturday June 1st, will be a free day and we will have a place with a pool and a place on the beach available. The opening ceremony and briefing will be at 17:12. That night will be in Turbo.*
- El domingo 2 de junio, a las 05:00 todos los equipos deben encontrarse con staff de PC12 (lugar por confirmar), para tomar el transfer al sitio de salida (05:12). Desde este momento, TODOS los corredores deberán estar listos para iniciar carrera en cualquier punto.
- *On Sunday, June 2nd, at 05:00 all teams must meet with PC12 staff (place to be confirmed), to take the transfer to the starting line (05:12). From this moment, ALL racers must be ready to start at any point.*

Cómo llegar a Medellín ● *How to get to Medellín*

Llegar por avión/ *by airplane*

La mayoría de las aerolíneas internacionales llegan directamente a Medellín. Si desde su ciudad de origen no hay vuelos directos, lo pueden reservar a través de Bogotá.

Los equipos internacionales deben hacer su arribo al aeropuerto internacional JOSE MARIA CORDOVA.

Equipos internacionales deben contar con su propio seguro de accidente, como un assist card, el cual debe cubrir gastos médicos, búsqueda y rescate, y repatriación del cuerpo.

Most of international airlines arrive directly at Medellin. If there are no direct flights from your city of origin, it may be booked through Bogotá.

International teams must arrive at the JOSE MARIA CORDOVA International Airport.

International teams must have their own accident insurance, such as an assist card, and it must cover medical expenses, search and rescue, and body repatriation.

Llegar por tierra / *by land*

Desde Quito. 1129 km ● Desde Bogotá. 418 km ● Desde Cali. 421 km.



Transfer ● *Transfer*



- Los equipos internacionales serán transportados desde el aeropuerto internacional JOSE MARIA CORDOVA hasta el HOTEL POBLADO Alejandría (en Medellín) (mayo 30) y desde el HOTEL POBLADO Alejandría (en Medellín) hasta el aeropuerto internacional JOSE MARIA CORDOVA (junio 10). Los equipos deben entregar a la organización el itinerario de los vuelos de cada uno de los integrantes al correo pc12adventurerace@gmail.com antes del 15 de mayo de 2024.

NOTA: Si algún equipo internacional desea llegar antes de mayo 30 ó quedarse después de junio 10, favor contactar a la organización.

- *International teams will be transferred from the JOSE MARIA CORDOVA international airport to the HOTEL POBLADO Alejandría (in Medellín) on May 30th, and from the HOTEL POBLADO Alejandría (in Medellín) to the JOSE MARIA CORDOVA international airport on June 10th. Teams must email the flight itinerary of each member to pc12adventurerace@gmail.com , before May 15th, 2024.*

NOTE: *If any international team wishes to arrive before May 30th or stay after June 10th, please contact the organization.*

Transfer ● *Transfer*

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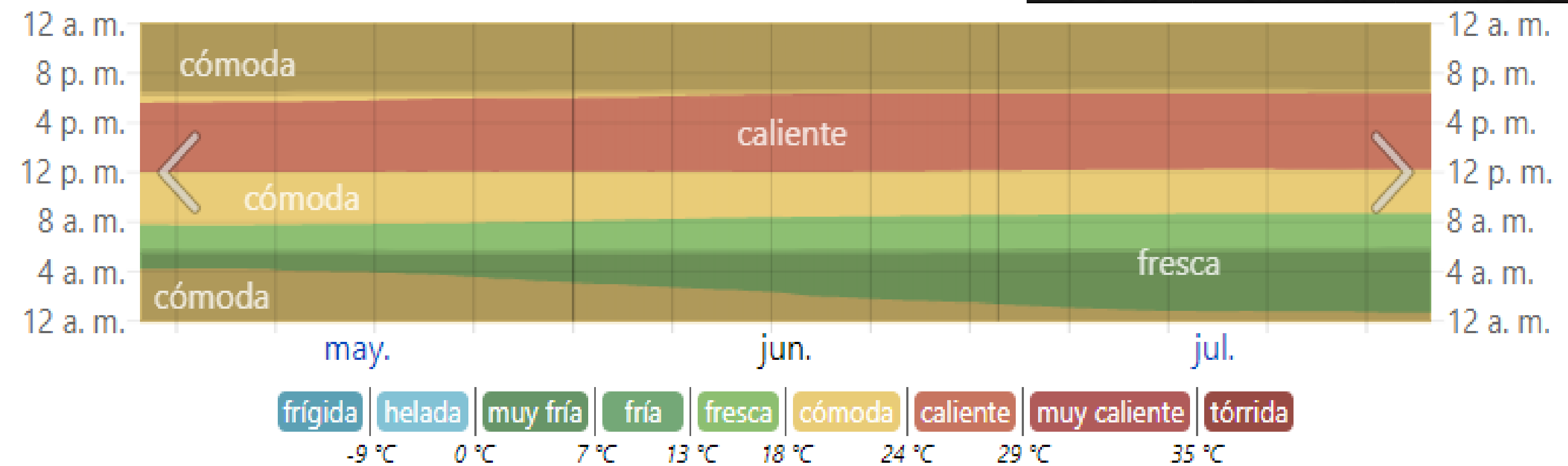
- El transfer de mayo 31, desde Medellín hasta Apartadó, que será el lugar del registro, **SOLO** está incluido en el fee internacional. Para equipos colombianos se tendrán cupos habilitados, previa reserva. (COP80.000 / persona Medellín - Apartadó).
 - El transfer de mayo 31 en la noche, desde APARTADO hasta TURBO, que será el lugar de inauguración y salida, ESTA INCLUIDO PARA TODOS LOS PARTICIPANTES.
 - El transfer de junio 9, desde Necoclí (lugar de meta y clausura) hasta Medellín (HOTEL POBLADO Alejandría), **SOLO** está incluido en el fee internacional. Para equipos colombianos se tendrán cupos habilitados, previa reserva. (90.000 / persona Necoclí - Medellín).
-
- *The transfer on May 31st, from Medellín to Apartadó, which will be the place of registration, is ONLY included in the international fee. There will be seats available for Colombian teams, upon reservation. (COP80,000 / person Medellín - Apartadó).*
 - *The transfer on the night of May 31st, from Apartadó to TURBO, where the opening ceremony and start of the race will take place, IS INCLUDED FOR ALL PARTICIPANTS.*
 - *The transfer on June 9th, from Necoclí (finish line and place of closing ceremony) to Medellin (HOTEL POBLADO Alejandría), is ONLY included in the international fee. There will be setas available for Colombian teams, upon reservation. (90,000 / person Necoclí - Medellín).*

Clima y altura ● *Weather and altitudes*



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MEDELLIN
1.495 m.s.n.m.



ZONA DE CARRERA / RACE LOCATION

● MAX: 250 m.s.n.m ● MIN: 125 m.s.n.m.

Será una zona predominantemente cálida, con mucha humedad y de muy baja altura sobre el nivel del mar.

En la noche, en el mar, la temperatura puede bajar un poco.

- *The race will take place in a predominantly warm, high humidity and very low altitude región.*
- *During the night, at the sea, the temperatura can drop a bit.*

| | MAY | JUN | JUL |
|------------------------------|-------------|-------------|-------------|
| temp max (prom) | 30°C | 30.2°C | 30.5°C |
| | 86°F | 86.4°F | 86.9°F |
| temp min (prom) | 23.5°C | 23.5°C | 23.4°C |
| | 74.3°F | 74.3°F | 74.1°F |
| average pressure | 1010.2 mbar | 1010.1 mbar | 1009.9 mbar |
| average wind speed | 5.2 km/h | 5.2 km/h | 5.3 km/h |
| | 3.2 mph | 3.2 mph | 3.3 mph |
| humidity | 87% | 86% | 85% |
| precipitation | 214 mm | 197 mm | 232 mm |
| average days with sun | 28.3 | 26.9 | 29.4 |

Formato de Carrera ● *Race format*



Esta carrera es de formato NONSTOP, NO ASISTIDA y auto abastecida. La distancia aproximada es de 500 km para EXPEDICIÓN.

Los mapas y libros de rutas serán entregada durante el inicio de la carrera.

Esta carrera se rige por el reglamento del ARWS.

<https://arworldseries.com/wp-content/uploads/2022/04/ARWS-Rules-of-Competition-1.6.2.pdf>

This race is NONSTOP, NOT ASSISTED and self-supplied. The approximate distance is 500 km for EXPEDITION and 250 km for ADVENTURE.

The maps and route books will be delivered prior the start of the race.

This race is ruled by the ARWS regulations.

<https://arworldseries.com/wp-content/uploads/2022/04/ARWS-Rules-of-Competition-1.6.2.pdf>

Categorías ● Categories



Expedición - ARWS

En esta categoría, participarán equipos mixtos formados por cuatro deportistas, en donde mínimo debe haber un corredor del sexo opuesto. Éste es el formato tradicional de las carreras de aventura a nivel mundial. Será en modalidad NO ASISTIDA y NONSTOP. La organización transportará las cajas de avituallamiento de cada equipo, según lo indicado en la guía de carrera. (se entregará previo al registro).

Los atletas deben tener conocimientos de orientación y navegación terrestre, trekking, bicicleta de montaña, natación, kayak en aguas planas y rápidas de hasta clase 3 y cuerdas* (descenso utilizando una figura de 8 o un ATC).

In this category, mixed teams made up of four athletes will participate, where there must be at least one competitor of the opposite sex. This is the traditional format of adventure racing worldwide. It will be in NO ASSISTED and NONSTOP modality. The organization will transport the gear boxes for each team, as indicated in the race guide. (will be delivered prior to registration).

Athletes must have knowledge of orientation and land navigation, trekking, mountain biking, swimming, kayaking in flat and fast waters up to class 3 and ropes (rappel using a figure 8 or ATC).*

Disciplinas y distancias ● *Disciplines and distances*


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PRELIMINARY DISTANCES (NOT FINAL)

| Discipline | kms |
|--------------------|------------|
| trekking 1 | 23 |
| snorkeling | |
| kayak 1 | 24 |
| trekking 2 | 35 |
| kayak 2 | 10 |
| trekking 3 | 11 |
| bike 1 | 59 |
| mandatory 3 h rest | |
| kayak 3 | 81 |
| trekking 4 | 15 |
| kayak 4 | 37 |
| bike 2 | 155 |
| trekking 5 | 15 |
| bike 3 | 11 |
| kayak 5 | 8 |
| TOTAL | 484 |

Min. Altitud:
0 m.s.n.m. / m.a.s.l.

Max. Altitud:
250 m.s.n.m. / m.a.s.l.



EXPEDITION (EQUIPOS ARWS)

Distancias preliminares sujetas a cambios
Preliminary distances subject to changes.

| | |
|----------|---------|
| trekking | 99 kms |
| kayak | 160 kms |
| bike | 225 kms |

484 kms



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Mapas ● Maps

La organización ha puesto especial cuidado en la elaboración de los mapas para esta edición, pues como corredores sabemos la importancia que tiene un buen mapa en el desarrollo de la carrera.

Los mapas utilizados en la carrera estarán en escala 1:25.000 y 1:50.000., impresos en papel a prueba de agua en tamaño doble carta. La guía de carrera también estará impresa en papel a prueba de agua.

TODOS mapas serán entregados a cada equipo en dos momentos de la carrera. **La primera parte a la LARGADA en donde no hay acceso a ninguna caja. La segunda parte en uno de los AT's durante la carrera.**

PC12 has taken special care in preparing the maps for this edition, because as adventure racers we know the importance of a good map in the development of the race.

The maps used in the race will be in 1:25,000 and 1:50,000 scale, printed on waterproof paper in double letter size. The race guide will also be printed on waterproof paper.

*ALL maps will be given to each team at two points in the race. **The first part at the START where there is no access to any box. The second part, in one of the TA's during the race.***

Si requieren un set adicional de mapas y de guía de carrera, favor enviar solicitud a pc12Adventurerace@gmail.com antes de **mayo 3.**

If you need an extra set of maps and racebook, please send a request to pc12Adventurerace@gmail.com before **may 3rd.**

21 maps + race book: COP 290.000 / USD 75



Cajas de avituallamiento ● Gear boxes



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Cajas de avituallamiento / Storage Boxes

Estas cajas SI serán provistas por la organización y son las únicas permitidas. Las medidas son Largo 60 cm, Ancho 40 cm, Alto 41 cm. Los equipos deberán tener sistema de cierre tipo “zunchos” para asegurar la tapa a la caja. Para algunas transiciones, la caja será reemplazada por bolsa o costal.

These boxes WILL be provided by the organization and are the only ones allowed. The measurements are Length 60 cm, Width 40 cm, Height 41 cm. Teams must have a “strap” type closing system to secure the lid to the box. For some transitions boxes will be replaced for bags.

- Equipo EXPEDICION EQUIPO ARWS:
 - Cajas por equipo: **3** (Caja A, B y C)
 - Peso máximo 25 kilos cada una.
-
- *ARWS EXPEDITION Team :*
 - *Boxes per team: **3** (Box A, B and C).*
 - *Max weight 25 klg each*



Cajas de avituallamiento ● *Gear boxes*

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Bolsa de Agua. / water bags

Todos los equipos deberán presentar una bolsa de agua para guardar todo el equipo de agua (chaleco, remos, comida, etc). Esta bolsa NO SERA PROVISTA por la organización. Esta bolsa de agua debe ser lo suficientemente grande para contener todo el equipo obligatorio de agua, incluyendo remos. No se aceptará equipo amarrado o colgando por fuera de esta tula.

Deberá ser llevada por el equipo durante las etapas de KAYAK.

Peso máximo **30 kgs**

All teams must present a waterbag to store all the water equipment (vest, oars, food, etc). This bag WILL NOT BE PROVIDED by the organization. This bag must be large enough to contain all mandatory water equipment, including paddles. Equipment tied or hanging outside of this bag will not be accepted.

During KAYAK legs, teams must carry their water bag.

Maximum weight **30 kgs**



Cajas de avituallamiento ● *Gear boxes*



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KAYAKS

Serán dobles tipo SIT ON TOP:

They will be double and SIT ON TOP type.



KAYAKS SAIL

Cualquier tipo de velas para kayak serán permitidas.

Any type of kayak sails will be allowed.



Cajas de avituallamiento ● *Gear boxes*



Caja de Bicicleta. / *Bike boxes*

Las bicicletas deben ser guardadas en estas cajas. Se usará la medida estándar utilizada por ARWS: Largo 140 cm, Alto 80 cm, Ancho 30 cm.

No se aceptarán cajas de medidas diferentes o de cartón (debido a que este material con la humedad o la lluvia puede sufrir serios daños) y solo se aceptará transportar las bicicletas en estas cajas. Estas cajas NO SERAN PROVISTAS por la organización.

Peso máximo 35 kgs.

Bikes must be stored in these boxes. ARWS standard measurements will be used: Length 140 cm, Height 80 cm, Width 30 cm.

Bikes without box and boxes of different sizes or cardboard will not be accepted (because this material with humidity or rain can suffer serious damage). These boxes WILL NOT BE PROVIDED by the organization.

Maximum weight 35 kgs.

Cajas de avituallamiento ● Gear boxes



Bolsa de Meta / Finish line bag

Es la bolsa o tula, una por corredor, que encontrarán en la meta con sus elementos personales. Esta tula NO SERA provista por la organización. Peso máximo 15 Kgs.

Esta bolsa o tula será recibida por staff de PC12, el domingo 2 de junio, 1 hora antes del encuentro para la salida de la carrera.

Is the bag that you will find at the finish line with your personal belongings. This bag WILL NOT be provided by the organization and is ONE bag per competitor

Max weigth 15 Kgs

This bag will be received by PC12 staff, on june 2nd, one hour before meeting for the starting transfer.

Logística ● *Logistics*



Deposito / Money deposit

Algunos elementos y equipos serán provistos por la organización, tal es el caso de kayaks, cajas de almacenaje, trackers, etc. Cada equipo deberá dejar un depósito de USD100 o COP350.000 durante el registro de la carrera como garantía de los materiales prestados. **CADA EQUIPO DEBE TRAER UNA TARJETA DE CREDITO PARA HACER EL VOUCHER.** Esta voucher se devolverá al terminar la carrera, si ninguno de los equipos prestados ha sufrido daño o pérdida.

Some elements and equipment will be provided by the organization, such as kayaks, storage boxes, trackers, etc. Each team must leave a deposit of USD100 or COP350,000 during the registration of the race as a guarantee for the materials provided. EACH TEAM MUST BRING A CREDIT CARD FOR A VOUCHER TO BE ISSUED. This voucher will be returned at the end of the race, if none of the borrowed equipment has been damaged or lost.

Live Tracking

A todos los equipos que participaran en PC12 se le entregará un tracker, que servirá para hacer seguimiento de la ruta de cada uno de los equipos y así saber en todo momento donde se encuentran. Se contará con una plataforma WEB para hacer seguimiento en vivo.

All teams participating in PC12 will be given a tracker, which will be used to track the route of each team and know where they are at all times. There will be a WEB platform for live tracking.

Logística ● Logistics






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ENERGIA / ENERGY

*En mucha parte de la carrera hay cortes de energía, por lo que es **MUY** posible no tener como recargar ni el tracker, ni sus linternas en los ATs. Por lo tanto, es **OBLIGATORIO POR EQUIPO**, llevar consigo, en todo momento, los siguientes elementos, especialmente para recargar EL TRACKER.:*

*In much part of the race there are power outages, so it is **VERY** possible not having how to recharge the tracker or your flashlights at TAs. Therefore, it is **MANDATORY PER TEAM**, to carry with you at all times, the following elements, specially to charge THE TRACKER:*

| | | |
|---|---|---|
|  | <p>2 baterías de recarga o Power bank de buena capacidad 2 Good capacity powerbanks</p> | |
|  |  | <p>1 Cable USB – tipo C 1 USB cable – type C</p> |
|  |  | <p>1 Cargador de pared USB 1 USB wall charger</p> |



Material obligatorio

Mandatory gear

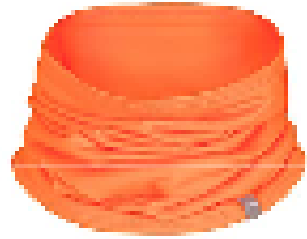

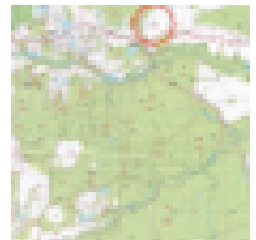


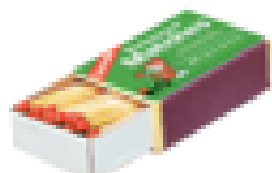

| ALL TIMES – ALL DISCIPLINE - ALL ARWS RACES | | | | |
|---|---------------------------------------|-------|-------------------------------|--|
| Yes/No | Name | Image | Quantity | Description |
| ✓ | Official Race Bib (Vest/ Jersey/ Bib) | | 1 x per competitor (no share) | The official race bib must 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, breathable as specified by the manufacturer. Pants must be suitable for potentially extreme conditions in an adventure race. |

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PROHIBITED ITEMS

- Podómetro o medidores electrónicos de distancia / Pedometers or electronic distance meters
- Equipo de visión nocturna / Night vision equipment
- Mapas no provistos por la organización / Maps that are not provided by the organization



| ALL TIMES – ALL DISCIPLINE - ALL ARWS RACES | | | | |
|---|--|--|--------------------|--|
| Yes/No | Name | Image | Quantity | Description |
| ✓ | 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. |
| ✓ | 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. |





COLOMBIA - May 30th to Jun 10th 2024



Material obligatorio
Mandatory gear



| ALL TIMES – ALL DISCIPLINE - ALL ARWS RACES | | | | |
|---|---|---|--------------------|---|
| Yes/No | Name | Image | Quantity | Description |
| ✓ | 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 competitor | Full length sleeping bag or heat reflective bivy sack. (not enclosed survival/space blanket). 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 checkpoints. |



Material obligatorio

Mandatory gear

* El Strobe Light, NO ES UN STROBO de bicicleta. Verificar bien la descripción / The strobe lighth is not a bike lighth. Verify the description.

Ejemplo.
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. /Digital camera must have a screen to be able to verify the photos

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ALL TIMES – ALL DISCIPLINES



bateria de recarga o Power bank



Cable USB – tipo C

USB cable – type C



Cargador de pared USB

USB wall charger



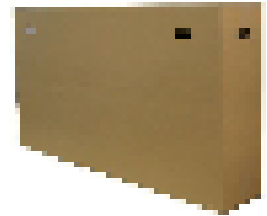






Cedula o pasaporte:

ID or passport

Material obligatorio
Mandatory gear



| 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. |
| ✓ | 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. |



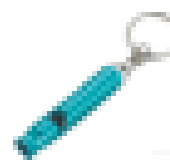





| | | | | |
|---|-------------|---|--------------------|---|
| ✓ | SAFETY VEST |  | 1 x per competitor | Must be worn VISIBLE, at all times on the bike leg. |
|---|-------------|---|--------------------|---|



Material obligatorio
Mandatory gear

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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. <u>Worn at all times while kayaking.</u> Inflatable type vests not acceptable. |
| ✓ | Whistle |  | 1 x per competitor | Must be attached to the PFD/ Lifejacket. |
| ✓ | Paddle |  | 1 x per competitor | |
| ✓ | 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. |
| ✓ | 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. |
| ✓ | Paddle bag |  | 1 x per team | Tubular bag 50cm diameter x 150cm long. (must contain all kayak items). |
| ✓ | Illumination (Glow Stick/ Chemical light) |  | 4 x per competitor AND 4 x per boat (Total 24 per team) | One glow stick (100mm) <u>attached to PFD in a highly visible position at all times</u> (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. |



PC12
ADVENTURE RACE



Magic & biodiversity
Caribe salvaje
COLOMBIA - May 30th to Jun 10th 2024



Material obligatorio
Mandatory gear



| | 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 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 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 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) |




Material obligatorio

Mandatory gear

- **CERTIFICADO DE PRIMEROS AUXILIOS** (mínimo un miembro del equipo deberá presentar un certificado en conocimiento de primeros auxilios)
FIRST AID CERTIFICATE : At least one member should present a first aid certificate)
- 2 ampollas de algun antialergico y una jeringa. (posible presencia de abejas)
2 ampoules of some anti-allergy and a syringe. (possible presence of bees)

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| OTHER ACTIVITIES | | | | |
|------------------|-------------------------|--|--------------------|---|
| | Name | Image | Quantity | Description |
| ✓ | Diving mask and snorkel |  | 1 x per competitor | NO GOGGLES accepted. 1 team member must be able to dive 5 mts. |



Material obligatorio
Mandatory gear

RECOMENDACIONES / SUGGESTED EQUIPMENT

- **Mosquito repellent**
- **Sunscreen**

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