



ACTUALIZACION: mayo 15  
UPDATE: May 15th



2023

# Comunicado Oficial NEWSLETTER



# Bienvenidos • *Welcome*

Bienvenidos a esta edición de PC12 Adventure Race de Magia y Biodiversidad.

Colombia es un país que se ha dado a conocer a nivel mundial por muchas cosas, por el café, por el futbol, por el ciclismo, pero poco se ha dado a conocer por todo el potencial para realizar actividades de aventura, 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.

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

*Welcome to this edition of PC12 Adventure Race of Magic and Biodiversity.*

*Colombia is a country that has become known worldwide for many things, for coffee, for soccer, for cycling, but not so much for all the potential for adventure activities. We hope that all Participants in this edition get the best possible experience and enjoy the natural wonders that our country and our department have to offer.*

*We have put all our effort to make this race the race that every adventure racer would like to run.*

Toda la información la puedes encontrar en [www.pc12ar.com](http://www.pc12ar.com)

*More information at [www.pc12ar.com](http://www.pc12ar.com)*



# Agenda TODAS LAS CATEGORIAS

## ALL CATEGORIES

**PC12**  
ADVENTURE RACE

**Magic &  
Biodiversity**  
JUN 3 - 12 / 2023

**ARWORLD SERIES**

Jun 1 - 2	Llegada de equipos internacionales y transfer al hotel (Medellín) / <b>International teams arrival and transfer to Hotel (medellin)</b>	
Jun 3	Registro - Equipos nacionales e Internacionales / <b>Registration - national and international teams</b>	
	08:12 - 15:12	Registro y revisión de equipo obligatorio (a cada equipo se le entregan 3 cajas de avituallamiento) <b>Registration and mandatory gear check (each team will receive 3 mandatory boxes - bike box not included)</b>
	14:12 - 17:12	Entrega de cajas de avituallamiento, caja de bicicleta (con la bicicleta), bolsa de agua y bolsa de meta a la organización. <b>Teams must deliver mandatory boxes, bike box with bike inside, finish line bag and water bag.</b>
	18:12	Ceremonia de apertura y Briefing (asistencia obligatoria) / <b>Opening ceremony and briefing (mandatory)</b>
Jun 4	05:00	Salida de buses al sitio de partida. (El lugar de salida de los buses es el HOTEL POBLADO ALEJANDRIA) <b>Departure of buses to the starting location. (departure meeting point will be HOTEL POBLADO ALEJANDRIA)</b>
	08:12	Entrega de mapas / <b>Maps are given</b>
	10:12	Inicio de carrera / <b>Race begins</b>
Jun 5 - 10	CARRERA / <b>RACE</b>	
Jun 8	AM	Llegada de primeros equipos / <b>Fist teams arrival</b>
Jun 10	12:12	Cierre de carrera para TODOS los participantes / <b>End of race for everyone - RACE CLOSURE</b>
	16:12	Ceremonia de clausura y cena / <b>Closing ceremony</b>
Jun 11	09:12	Salida de buses hacia Medellin / <b>Departure of buses to Medellin.</b>
Jun 11 - 12	Transfer equipos internacionales al aeropuerto / <b>Transfer to airport for international teams</b>	

**Cronograma sujeto a cambios / subject to changes**

# Localización • Location



- Medellín será la ciudad sede para llegada de equipos internacionales, registro e inauguración.
  - El hotel oficial del evento es el HOTEL POBLADO Alejandría, en donde se hospedarán los equipos internacionales (jun 2, 3 y 11). Para los equipos nacionales que deseen reservar en este hotel, favor contactarse con la organización para tarifa especial PC12.
  - El lugar en donde se llevará a cabo el registro e inauguración se informará previo al evento, pero será en Medellín.
  - La ciudad de META no será revelada sino hasta luego de dar la salida (a familiares y amigos que uds nos lo soliciten). El Hotel allí, lo reservará la organización para todos los equipos y durante el registro podrán reservar y pagar su cupo con la organización. Los equipos internacionales tienen pago el hotel en el sitio de META, para las noches de jun 8, 9 y 10.
- 
- *Medellín will be the host city for the arrival of international teams, registration and opening ceremony.*
  - *The official hotel of the event is the HOTEL POBLADO Alejandría, where the international teams will stay (June 2nd, 3rd and 11th). For national teams that wish to book at this hotel, please contact the organization for PC12 special rate.*
  - *The place where the registration and opening ceremony will take place will be informed prior to the event, but it will be in Medellín.*
  - *The FINISH city will not be revealed until after the start (to family and friends who request it). The Hotel there will be booked by the organization for all the teams and during registration they will be able to book and pay with the organization. International teams have the nights of June 8th, 9th and 10th included.*

# 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.

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# Transfer ● *Transfer*

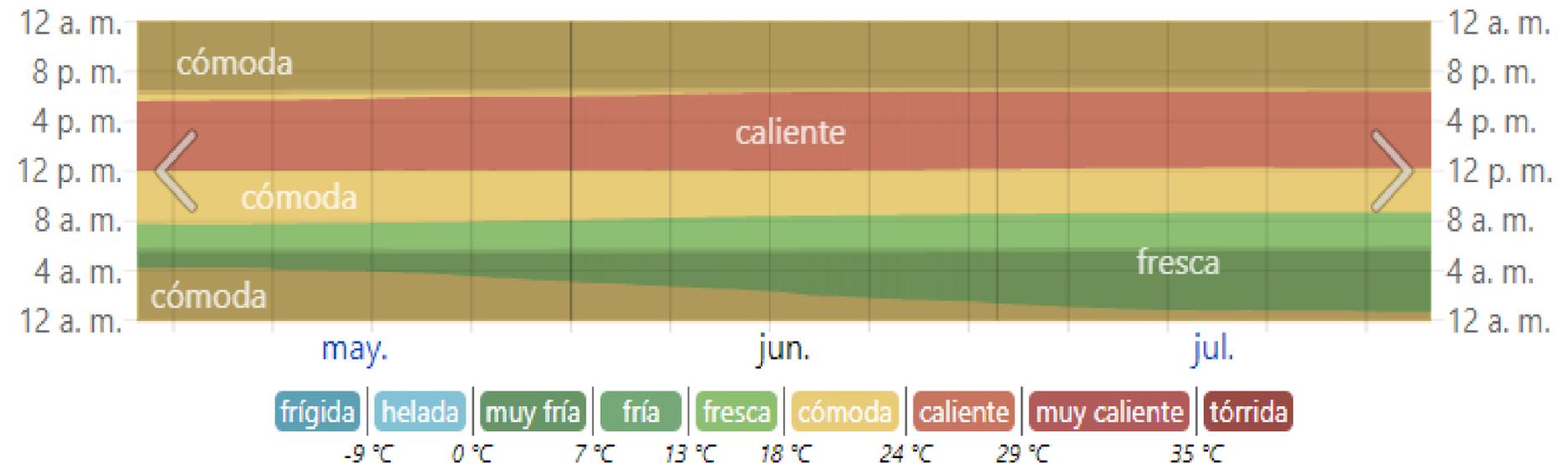


- La organización transportará a todos los corredores de todas las categorías, el domingo jun 4 desde el HOTEL POBLADO Alejandría (en Medellín) hasta el sitio de salida, y el domingo jun 11 desde el sitio de META hasta el HOTEL POBLADO Alejandría (en Medellín).
  - Los equipos internacionales serán transportados desde el aeropuerto internacional JOSE MARIA CORDOVA hasta el HOTEL POBLADO Alejandría (en Medellín) (junio 1 y 2) y desde el HOTEL POBLADO Alejandría (en Medellín) hasta el aeropuerto internacional JOSE MARIA CORDOVA (junio 11 y 12). Los equipos deben entregar a la organización el itinerario de los vuelos de cada uno de los integrantes al correo [PC12adventurerace@gmail.com](mailto:PC12adventurerace@gmail.com) antes del 15 de mayo de 2023. **NOTA:** Si algún equipo internacional desea llegar antes de junio 2 ó quedarse después de junio 12, favor contactar a la organización.
- 
- *PC12 will transfer all competitors (all categories), on Sunday June 4th from HOTEL POBLADO Alejandría (in Medellín) to the START line and on Sunday June 11th from the FINISH city to HOTEL POBLADO Alejandría (in Medellín).*
  - *International teams will be transferred from the JOSE MARIA CORDOVA international airport to the HOTEL POBLADO Alejandría (in Medellín) on June 2nd, and from the HOTEL POBLADO Alejandría (in Medellín) to the JOSE MARIA CORDOVA international airport on June 12th. The teams must send the flight itinerary of each member to the email [PC12adventurerace@gmail.com](mailto:PC12adventurerace@gmail.com) before May 15th, 2023.*
  - **NOTE:** *If any international team wishes to arrive before June 2nd or stay after June 12th, please contact the organization.*

# Clima y altura ● *Weather and altitudes*



**MEDELLIN**  
1.495 m.s.n.m.



## ZONA DE CARRERA / RACE LOCATION

● MAX: 1.975 m.s.n.m ● MIN: 125 m.s.n.m. ● PROM: 1.000 m.s.n.m.

Será una zona predominantemente cálida y de baja altura sobre el nivel del mar. OJO, en la zona de máxima altura la temperatura puede bajar a unos 5 °C en la noche.

- *The race will take place in a predominantly warm and low altitude región. BEWARE, in the maximum height leg the temperature can drop to about 5 °C at night.*



# Formato de Carrera ● *Race format*



Esta carrera es de formato NONSTOP, NO ASISTIDA y auto abastecida, sin ninguna parada obligatoria. La distancia aproximada es de 500 km para EXPEDICIÓN y de 250 km para AVENTURA.

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, without any mandatory stop. 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>

**Las categorías abiertas para esta edición de PC12 son:**

EXPEDICION ARWS. 4 integrantes



# 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, 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, kayaking in flat and fast water up to class 3\* and ropes\* (rappel using a figure 8 or ATC).*

# Disciplinas y distancias ● *Disciplines and distances*

## EXPEDITION (EQUIPOS ARWS)

Distancias preliminares sujetas a cambios  
*Preliminary distances subject to changes.*

## PRELIMINARY DISTANCES

	KMS	LEGS
BIKE	214	4
KAYAK	91	3
TREKKING	175	6
	480	

●  
Mayo 17, se enviará guía  
de carrera  
May 17th, race book will  
be sent

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# Mapas ● Maps



Si requieren un set adicional de mapas, favor enviar solicitud a [pc12Adventurerace@gmail.com](mailto:pc12Adventurerace@gmail.com) antes de mayo 20  
If you need an extra set of maps, please send a request to [pc12Adventurerace@gmail.com](mailto:pc12Adventurerace@gmail.com) before may 20th.

**COST: COP 180.000 aprox ( USD 40)**

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. También son impresos en papel a prueba de agua en tamaño doble carta, por lo cual no se necesitará de ninguna plastificación adicional.

La guía de carrera también estará impresa en papel a prueba de agua.

**Todos los mapas serán entregados a cada equipo 1 hora antes de las LARGADA**

*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. They are also printed on waterproof paper in double letter size, so no additional lamination will be needed.*

*The race guide will also be printed on waterproof paper.*

**All the maps will be given to each team, ONE hour before the START of the race**



# Logística ● *Logistics*

## 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.**

*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.***

- Equipo EXPEDICION EQUIPO ARWS (4): Serán **3** cajas por equipo. **Caja A, B y C.**
- Peso máximo 24 kilos cada una.
  - *ARWS EXPEDITION Team (4): **3** boxes per team. **Box A, B and C.***
  - *Max weight 24 klg*



# Logística ● *Logistics*

## 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.

Peso máximo 20 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.*

*Maximum weight 20 kgs.*



# Logística ● *Logistics*



## KAYAKS

Serán dobles tipo SIT ON TOP: No todos tienen sistema de enganche para las sillas.

*They will be double and SIT ON TOP type: Not all of them have a hooking system for the chairs.*



# Logística ● *Logistics*



## 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 30 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 30 kgs.*

## 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 10 Kgs.

*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 weight 10 Kgs*

# 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 perdida.

*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.*

ALL TIMES – ALL DISCIPLINE - ALL ARWS RACES				
Yes/No	Name	Image	Quantity	Description
✓	<b>Official Race Bib</b> (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.
✓	<b>Whistle</b>		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.
✓	<b>Light Source</b> (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.
✓	<b>Shell Layer Top</b> (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.
✓	<b>Shell Layer Bottom</b> (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.
✓	<b>Mid Layer Top</b> (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.
✓	<b>Baselayer Top</b>		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.
✓	<b>Baselayer Legs</b> (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.

# Material obligatorio

## *Mandatory gear*

### 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
✓	<b>Baselayer Head</b> (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.
✓	<b>Magnetic Compass</b>		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.
✓	<b>Course Information and Maps</b>		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.
✓	<b>Survival Blanket</b> (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).
✓	<b>First Aid Kit</b>		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
✓	<b>Fire Starting Device</b>		1 x per team	Waterproof matches, gas lighter, flint and steel are all acceptable fire starting devices.
✓	<b>Knife</b>		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.

Material  
obligatorio  
*Mandatory*  
*gear*

# Material obligatorio

## Mandatory gear

**\*\*** 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

ALL TIMES – ALL DISCIPLINE - ALL ARWS RACES				
Yes/No	Name	Image	Quantity	Description
✓	<b>Strobe Light</b>		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.
✓	<b>Bivy Bag</b>		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. Primary purpose is warmth.
✓	<b>Cell Phone</b>		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.
✓	<b>Tracker</b>		1 x per team	Specific device provided by race organisers. Must be carried and used in accordance with direction of race organisers.
✓	<b>Digital Camera</b> <b>**</b>		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.

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

Ejemplo. [https://www.amazon.com/gp/product/B01BPJLCMY/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o03\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B01BPJLCMY/ref=ppx_yo_dt_b_asin_title_o03_s00?ie=UTF8&psc=1)

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. <b>Categoría AVENTURA no</b>
✓	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.

Material  
obligatorio  
*Mandatory*  
*gear*

ALL TIMES - KAYAK DISCIPLINE - ALL ARWS RACES				
	Name	Image	Quantity	Description
✓	<b>Personal Flotation Device (PFD/ Lifejacket)</b>		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.
✓	<b>Whistle</b>		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	<b>Paddle</b>		1 x per competitor	<b>Categoría AVENTURA no</b>
✓	<b>Helmet</b>		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.
✓	<b>Kayak (sit on top)</b>			Supplied by race organisers (unless notified otherwise).
✓	<b>Throw Bag Rope</b>		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. <b>Categoría AVENTURA no</b>
✓	<b>Paddle bag</b>		1 x per team	Tubular bag 50cm diameter x 150cm long. (must contain all kayak items). <b>Categoría AVENTURA no</b>
✓	<b>Illumination (Glow Stick/ Chemical light)</b>		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. <b>Categoría AVENTURA no</b>



Material  
obligatorio  
*Mandatory*  
*gear*

	FIRST AID KIT - ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES			
	Name	Image	Quantity	Description
✓	<b>Pressure Bandage</b> (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.
✓	<b>Triangular Bandage</b>		1 x	This bandage in shape of right angle triangle can be used to make a sling, as normal bandage and other applications.
✓	<b>Wound Dressing</b> (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.
✓	<b>Strapping Tape</b> (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
✓	<b>Antihistamine</b> (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.
✓	<b>Anti-diarrhoeal Medication</b>		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.
✓	<b>Medical Gloves</b>		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*

	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 carabiniers 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.

Material  
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*Mandatory*  
*gear*