



## Nordic Adventure Race 2018 - Mandatory equipment v0.1

### PERSONAL RESPONSIBILITY

The mandatory equipment is the bare minimum requirement for this race and by no means a complete list of what you and your team will need to stay comfortable and perform well. We list some additional recommended items below, but please apply common sense and independent thinking: you and your team are entirely responsible for carrying suitable and appropriate equipment, clothing and sustenance for the climate, conditions and activities in the event.

### TEAM EQUIPMENT

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#### AT ALL TIMES

- Cell phone with fully charged battery and sealed in waterproof bag/container for emergency use only. Shall be worn on body while paddling (i.e. not stowed away in the boat)
- First Aid Kit, waterproofed and including at least elastic bandage (minimum 2 m x 7.5 cm) and sports tape (minimum 3 metres)
- 2 compasses
- Road book and maps (provided by organizer)
- GPS tracker (provided by organizer)

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#### MTB STAGES

- Spare tubes (minimum 3 per team)
- Bike tool, including chain cutter
- Pump (or minimum 4 CO<sub>2</sub> cartridges)

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#### PADDLING STAGE

- Canoes (provided by the organization)

### PERSONAL EQUIPMENT

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#### AT ALL TIMES

- Long sleeved top and long legged tights, woolly or synthetic, no cotton
- Fleece or thick thermal top, minimum 200 g
- Wind- and waterproof jacket and trousers, taped seams
- Hat, beanie or buff
- Gloves
- Socks
- Survival blanket or bag
- Whistle

- Head torch
- Race bib (provided by organizer)

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#### MTB STAGES

- Mountain bike
- Helmet
- Front facing white light and rear facing red light (both must be mounted on bike)
- Race tag with team number (provided by organizer)

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#### PADDLING STAGE

- Paddle (single blade canoe paddle or double blade kayak paddle allowed). Single blade paddles are provided by the organization (you are allowed to bring your own).
- Personal Floatation Device (life jacket). Provided by the organization (you are allowed to bring your own)

#### RECOMMENDED EQUIPMENT

The following items are recommended and/or common sense for competitors that have an understanding of adventure racing, the activities they will be participating in, and general outdoor adventure knowledge and experience.

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#### AT ALL TIMES

- Backpacks and water carrying containers/bladders/bottles
- Foods and sustenance, sufficient until the next re-supply point, including emergency quantities
- As the mandatory clothes can be either carried or worn, consider bringing spare dry clothes
- Waterproofing/dry bags to keep personal and team equipment dry
- Water purification device or chemicals - to avoid illness from drinking contaminated water
- Personal medications
- Money/credit card, personal identification card/passport, immigration or visa certificates

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#### TREKKING

- Waterproof map cover
- Head torch appropriate for night trekking and navigation

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#### MTB

- Map holder (e.g. <http://nordenmark.com/products/>)
- Bike repair kit and spare parts
- Head torch appropriate for night riding

## FREQUENTLY ASKED QUESTIONS

Q: Can short tights plus leggings count as long legged tights, and can short sleeved shirt plus loose arms count as long sleeved top?

A: Yes, as long as they overlap

Q: Can a team-mate carry my personal equipment?

A: Yes, with the exception of the whistle.

Q: Does the organizer provide any waterproofing of maps?

A: The maps will be printed on normal paper, i.e. not on water resistant paper. We will, however, provide you with normal orienteering style map covers, one per map. We advise you to bring tape to seal the bags.

Q: Is water available along the course?

A: Yes, there are numerous streams and rivers. Flowing water in the mountains is generally safe to drink, but can of course be contaminated by grazing animals, and the occasional dead reindeer etc.

## TRANSITION AREAS AND BIKE TRANSPORT

You are allowed one bag/box per team.

Recommended type of bag: waterproof duffel 120l.

Bikes will be transported by the organization in box car/trailers. Bike shoes and/helmet can be attached to the bikes (saves space in your TA box).



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