



## ADVENTURE RACING WORLD SERIES MANDATORY EQUIPMENT LIST FOR RAID GALLAECIA 2017



The AR World Series members using this list have collectively agreed on standard mandatory equipments, and definitions of this equipment, that individuals and teams must carry while participating in an AR World Series adventure race. They have also agreed on the rational and logic for the inclusion of items on this list.

Additional items may be added by race organisers where they are specific to their location, conditions or laws of the host country.

**PERSONAL RESPONSIBILITY AND ASSUMPTIONS** - You and your team together are responsible entirely for carrying suitable and appropriate equipment, clothing and sustenance for the climate, conditions and activities in the event. 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 (for example a seriously injured team member, in a stationary position, overnight in bad weather). 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 the event.

### RECOMMENDED AND INFERRED ITEMS

The following items, categories of equipment or related items, are either strongly recommended by organisers, 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 point, including emergency quantities.
- ▶ 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).
- ▶ 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 (for example EpiPen/epinephrine, bronchodilator/Ventolin) permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification tags, sun protection.
- ▶ Money/ Credit card, personal identification card/ Passport, immigration or visa certificates.
- ▶ Cycle repair kit (including pump, tubes, tools and spare parts).
- ▶ Additional and back up Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.

**RULES** - As a competitor in the AR World Series event using this list, you and your team are required to carry the mandatory equipment items with you at the specified times. Checks of mandatory equipment may occur during the race and missing equipment may result in penalties or disqualification as per the race rules. If any items are used/ consumed/lost during a leg, they must be replaced at the next transition point.









The mandatory equipment is divided into two categories, equipment you and your team must carry at ALL times, and equipment you and your team must carry during a specific DISCIPLINE.







			<b>ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES</b>	
			(Tropical Zone + Temperate Zone)	
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 hood, seams tape sealed and be suitable for potentially extreme conditions in an adventure race.
✓	<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.
✓	<b>Baselayer Head</b> (Beanie)		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>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>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 (e.g. zone 1,2,3,4,5 or Multi zone compass). Watch compasses do not meet these requirements.
✓	<b>Digital Camera</b>		1 x per team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. May be used to photograph in case of missing checkpoint or other rule breaches. May also be used for general photography (at risk of having flat battery when needed).
✓	<b>Cell Phone</b>		1 x per team	Cell phone with fully charged battery, turned off and in 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.








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	<b>Fire Starting Device</b>		1 x per team	Waterproof matches, gas cigarette 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.
	<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>First Aid Kit</b>		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
	<b>Strobe Light</b>		1 x per team	Must be white light, high intensity (e.g. Xenon strobe lamp), 360 degree visibility, waterproof to 10m or greater, visible beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. It 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>GPS Tracker/ Emergency Communications</b>		1 x per team	Specific device provided by race organisers. Must be carried and used in accordance with direction of race organisers.

	<b>ALL TIMES - ALL DISCIPLINES - TEMPERATE ZONE RACES ADDITIONAL</b>
(Temperate Zone Additional)	






Yes/No	Name	Image	Quantity	Description
	<b>Mid Layer Top</b> (Fleece)		1 x per competitor	The mid layer top is used between the baselayer and shell layer to provide additional insulation in cold environments. Long sleeve top of synthetic or wool fabric. Mid weight (greater than baselayer), moisture wicking/ quick drying. Top may either be carried or worn. When tested on scales the total weight of the top must be 200 grams or greater.
	<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>Sleeping Bag</b>		1 x per competitor	Must be proper full length sleeping bag (not bivy bag), covering the head, and made of insulating material (synthetic or waterproof down recommended). When tested on scales the total weight of the bag must be 400 grams or greater.
	<b>Emergency Shelter</b> (Tent)		1 x per team	A must have sewn in floor and minimum floor area of 2.5m <sup>2</sup> or 27ft <sup>2</sup> . Tent design must include poles. All the required poles, pegs, ropes etc must be carried with the tent. Must be suitable for potential conditions of the race.

 <b>ALL TIMES - MOUNTAIN BIKE DISCIPLINE - ALL ARWS RACES</b>				
(Tropical Zone + Temperate Zone)				
Yes/No	Name	Image	Quantity	Description
✓	<b>Mountain Bike</b>		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
✓	<b>Helmet</b>		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent)
✓	<b>Front Light</b>		1 x per competitor	Front facing white light. May be head or handlebar mounted.
✓	<b>Rear Light</b>		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team.
✓	<b>Reflective vest</b>		1 x per competitor	It must be wear during night.

 <b>ALL TIMES - KAYAK DISCIPLINE - ALL ARWS RACES</b>				
(Tropical Zone + Temperate Zone)				
Yes/No	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. Organisers may have specific tests in place to ensure buoyancy meets required standards and laws.
✓	<b>Whistle</b>		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	<b>Paddle</b>		1 x per competitor	
✓	<b>Helmet</b>		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent). Mountain or kayak helmet also valid.
✓	<b>Kayak/ Canoe</b>		as per race organiser	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.

✓	<b>Illumination</b> (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.
✓	<b>Strobe Light</b>		1 x per boat	Must be white light, high intensity (e.g. Xenon strobe lamp), 360 degree visibility, waterproof to 10m or greater, visible beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. It 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>FIRST AID KIT - ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES</b>			
(Tropical Zone + Temperate Zone)				



Yes/No	Name	Image	Quantity	Description & Required Discipline
✓	<b>Bandage</b> (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.
✓	<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.

**Recommended Items** - Additional first aid items that are highly recommended include analgesics (pain reliever e.g. Paracetamol), anti-inflammatory tablets (e.g. ibuprofen), electrolyte replacement, anti diarrheic, disinfectant and antiseptic solutions/creams, blister treatment, CPR face shield, medical gloves.



**RACE SPECIFIC ITEMS**


(These items added by the specific Race Director)








			<b>GENERAL MANDATORY EQUIPMENT</b>	
			<b>RAID GALLAECIA ER</b>	
Yes/No	Name	Image	Quantity	Description
X	<b>Bike Boxes</b>		1 x per competitor	Each team must provide their own bike boxes made out of a resistant material like corrugated plastic (not cardboard); teams can also buy these from the organization (in the date ranges established for this buy)
✓	<b>Personal Bag</b>		1 x per competitor	Each competitor should provide their own duffel bag to be used for their personal items including food, drink, clothing, and other gear. Max 30kg. Max 90cm length.
✓	<b>Team Bag</b>		1 x per team	Each team could provide another additional bag that will be found in one only transition point in the middle of the race. Max 30kg. Max 90cm length.
✓	<b>Kayak Bag</b>		1 x per team	Teams should provide their own duffel bag for gear needed for the kayak sections of the race; If the team's paddles disassemble, they should also go inside this bag. If they don't, teams should secure or tie them together and cover them with cloth to protect during transport
✓	<b>Bike padlock</b>		1 x per team	For use in transitions. It must have enough length to tie the 4 bikes together To be packed in personal bag.
✓	<b>Sleeping Bag</b>		1 x per competitor	For use in transitions. To be packed in personal bag.
✓	<b>Sleeping Mat</b>		1 x per competitor	For use in transitions. To be packed in personal bag.
✓	<b>Orienteering Gaiters</b>		1 pair x per competitor	Will be used to protect the legs from the low vegetation. The race book will inform about the sections were they should be used.

			<b>ALL TIMES - KAYAK DISCIPLINE</b>	
			<b>RAID GALLAECIA ER</b>	
Yes/No	Name	Image	Quantity	Description
✓	<b>Emergency flares</b>		1 x boat	This will be used in case of emergency to show your location and help your rescue.



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✓	<b>Waterproof Bag</b>		1 x per competitor	This will be used to insert your race backpacks (with all the mandatory equipment) inside of it in the kayak sections in order to protect them from the water in case of capsizing.
✓	<b>Kayak Portage Trolleys</b>		2 x per team	<b>OPTIONAL KIT</b> One of the kayak sections that we are planning will involve portaging the kayaks by land once. We recommend you to have two trolleys to do these portages easily because one of them is about 1km
✓	<b>Kayak Seats/ Backrests</b>		1 x per competitor	<b>OPTIONAL KIT</b> We encourage you to bring the kayak seats/backrests because you will have to stay a lot of time on the kayaks and your backs will be grateful .


	<b>ALL TIMES - ROPES DISCIPLINE</b>
	<b>RAID GALLAECIA ER</b>

Yes/No	Name	Image	Quantity	Description
✓	<b>Climbing Harness</b>		1 x per competitor	Must be sized to fit the participant. Must have an approved safety standard certification
✓	<b>Helmet</b>		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent). Mountain helmet also valid.
✓	<b>Locking Carabiner</b>		4 x per competitor	Must have an approved safety standard certification
✓	<b>Eight Figure</b>		1 x per competitor	Must have an approved safety standard certification
✓	<b>Sewn Dyneema Sling</b>		2 x per competitor	Size 13 mm x 120cm. Must have an approved safety standard certification
✓	<b>Gloves</b>		1 pair x per competitor	Must be full size with finger protection; can be the same used in MTB sections
✓	<b>Wetsuit with Long Sleeves and Legs</b>		1 x per competitor	Must be full size with long sleeves and legs and be sized to fit the participant

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	<b>Waterproof Bag</b>		1 x per competitor	This will be used to insert your race bag (with all the mandatory equipment) inside of it in the ropes sections in order to protect them from the water.
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	<b>PROHIBITED ITEMS/ EQUIPMENT</b>
All Times - All disciplines - All ARWS Races	

- GPS devices. Includes devices that show your position, display maps, distance travelled etc (excludes GPS trackers provided by the organisers).
- Distance measuring devices such as foot pod accelerometers and pedometers. (cycle computers exempt)
- Mobile phones, radios, other communications or internet access devices etc (excluding the compulsory emergency phone sealed prior to the race).
- Maps other than those provided by the organisers (specifically from race start to crossing the finish line).
- Firearms, night/ nocturnal vision devices.

### **Exemptions**

If a competitor wishes, for example for post race performance analysis, to carry such a device as outlined in points 1,2, they must register it, including any separate display devices (e.g. watches) at HQ and have them sealed in a tamper proof bag prior to the start. Officials will check the bag is intact at the finish line.

### **FREQUENTLY ASKED QUESTIONS:**

*Q. Am I required to carry an additional baselayer top or bottom if I am wearing them during the race? NO.*

*Q. Does a cycle top and arm warmers (or cycle tights and leg warmers) meet the requirement for baselayer top and baselayer bottom? YES*

*Q. Can a team mate carry my backpack? YES however each competitor must always wear their race bib and carry a whistle.*