



## ADVENTURE RACING WORLD SERIES MANDATORY EQUIPMENT LIST FOR RAID GALLAECIA 2025



Version 1.1 dated July 2024.

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 rationale 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, including quantity for unexpected circumstances.
- 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).
- Cycle repair kit (including pump, tubes, tools and spare parts).
- 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 (not in contravention of anti-doping rules) permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification tags, sun protection creams.
- Money/ Credit card, personal identification card/ Passport, immigration or visa certificates.
- 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.








**PROHIBITED ITEMS** - Prohibited items are outlined in the ARWS Rules of Competition <https://arworldseries.com/resources/> There are specific rules on items containing GPS, communications/ internet capabilities and items that could potentially assist with navigation.









			ALL TIMES - ALL DISCIPLINES - 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>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 cooler conditions. Long sleeve top of synthetic or wool fabric. Mid weight (greater than baselayer), 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 or short sleeve with arm warmers. Close fitting 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 or short leg with leg warmers. 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>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.

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✓	<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 paddling.
✓	<b>Bivy Bag</b>		1 x per competitor	Emergency bivouac cover. 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>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>Digital Camera</b>		1 x per team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. Accessible location/ GPS information not permitted. Used to photograph in case of missing checkpoint.

	<b>ALL TIMES - MOUNTAIN BIKE DISCIPLINE - ALL ARWS RACES</b>			
	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). Worn at all times while cycling.
✓	<b>Front Light</b>		1 x per competitor	Front facing white light. May be head or handlebar mounted. Must be on between sunset and sunrise and in reduced visibility.
✓	<b>Rear Light</b>		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Must be on between sunset and sunrise and in reduced visibility. Recommended spare rear light is carried amongst team.

	<b>ALL TIMES - PADDLING DISCIPLINE - ALL ARWS RACES</b>			
	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 paddling. 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>Boat</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. Also useful for towing other paddles in emergency.
✓	<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 boat (bring cable tie). Glow sticks must be glowing when dark. Multiple sticks may be required, bring spares.

	<b>FIRST AID KIT - ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES</b>			
	Name	Image	Quantity	Description
✓	<b>Pressure 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. Further medical attention may be required.
✓	<b>Anti-diarrhoeal Medication</b>		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.
✓	<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)

**Recommended Items** - Additional first aid items that are highly recommended include (not in contravention of anti-doping rules) analgesics, anti-inflammatory, electrolyte replacement, disinfectant and antiseptic solutions/creams, blister treatment, CPR face shield.



## RACE SPECIFIC ITEMS



(These items added by the specific Race Director)

			<b>GENERAL MANDATORY EQUIPMENT</b>	
<b>ARWC 2021 - RAID GALLAECIA</b>				
Yes/No	Name	Image	Quantity	Description
✓	<b>Team Box</b>		2 x per Team	Supplied by race organisers Capacity: 100 liters
✓	<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.













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✓	<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 Team Box
✓	<b>Sleeping Mat</b>		1 x per competitor	<b>RECOMENDED.</b> For use in transitions. To be packed in Team Box.
✓	<b>Orienteering Gai- ters</b>		1 x pair per competitor	<b>RECOMENDED.</b> 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 - PADDLING DISCIPLINE</b>				
<b>ARWC 2021 - RAID GALLAECIA</b>				
<b>Yes/No</b>	<b>Name</b>	<b>Image</b>	<b>Quantity</b>	<b>Description</b>
✓	<b>Waterproof Bag</b>		1 x per competitor	<b>RECOMENDED.</b> 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 Seats/ Backrests</b>		1 x per competitor	<b>RECOMENDED.</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>ARWC 2021 - RAID GALLAECIA</b>				
<b>Yes/No</b>	<b>Name</b>	<b>Image</b>	<b>Quantity</b>	<b>Description</b>
✓	<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. Only ccle helmet without certification not valid.

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	<b>Locking Carabiner</b>		3 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>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.
	<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

**QUESTIONS CLARIFIED:**

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.

Q. Will need bike box. **NO** Necessary