



EQUIPMENT LIST

EXTREMELY LOST 24 H



ON EACH TEAM MEMBER

- | | |
|--|---|
| ☐ <u>1 x Biking helmet</u> (unbroken) | ☐ <u>1 x Swimming suit</u> (swimming suit can be chosen freely) |
| ☐ <u>1 x Biking lights</u> (front and rear) | ☐ <u>1 x Transport box/bag*</u> (max. 60 l / 10 kg, transported by the organizer to the mid-race rest area) |
| ☐ <u>1 x Head lamp for night</u>
Battery for 12 hours | ☐ <u>1 x Mandatory backpack**</u> |
| ☐ <u>1 x Drinking bottle etc.</u> | ☐ <u>Bike</u> (MTB bike recommended) |

* Each participant packs one (1) transport box or bag with a maximum volume of 60 liters and a maximum weight of 10 kg when packed. The organizer will transport this to the mid-race rest area, where a hot soup meal will also be served during the event.

** MANDATORY BACKPACK

- | | | |
|---|---|---|
| ☐ <u>Energy, food and drink</u> (at least for 6-8 hours race parts) | ☐ <u>1 x Pants, water&windproof</u> (waterproof packed) | ☐ <u>1 x Gloves for rope quests</u> (can be the same as the earlier gloves) |
| ☐ <u>1 x Thermal underwear shirt</u> (waterproof packed) | ☐ <u>1 x Socks</u> (waterproof packed) | ☐ <u>1 x 150 litres garbage bag</u> (for water quests and protecting equipment) |
| ☐ <u>1 x Thermal underwear pants</u> (waterproof packed) | ☐ <u>1 x Beanie</u> (waterproof packed) | ☐ <u>1 x Space blanket</u> (for the case of emergency) |
| ☐ <u>1 x Waterproof jacket</u> (waterproof packed) | ☐ <u>1 x Gloves</u> (waterproof packed)) | ☐ <u>Personal medicines</u> |

TEAM'S MANDATORY EQUIPMENT

- | | | |
|---|--|--|
| ☐ <u>1 x Emit card</u> | ☐ <u>1 x Knife / multipurpose tool</u> | ☐ <u>Fire mounting equipments</u> (waterproof protected) |
| ☐ <u>1 x First-aid kit***</u> | ☐ <u>1 x Referee whistle</u> (ICE situations) | ☐ <u>Bike wheel repairing kit or inner tube</u> |
| ☐ <u>3 x Waterproof plastic bag for maps A3</u> (on sale in Event Office) | ☐ <u>1 x Active mobile phone</u> (waterproof and hits protected) | ☐ <u>1 x GPS device</u> (organizer gives / waterproof packing by given instructions) |
| ☐ <u>Notes</u> (a pencil, a marker pen and writing paper) | ☐ <u>1 x Additional power bank</u> | ☐ <u>1 x Compass</u> (and skills to use it, at least one team member) |

***First-aid kit (content at least: plaster (band-aid), gauze, sport tape etc., wound cleanser and/or wound cleanser wipes and painkiller))

ADDITIONAL EQUIPMENT (NOT MANDATORY)

- | | | |
|---|--|--|
| ☐ <u>Energy, food and drink</u> (at least for 6-8 hours) | ☐ <u>Orienteering shoes or similar</u> | ☐ <u>Plastic bags</u> (for shoes cover if cold and wet weather for ex.) |
| ☐ <u>Biking shoes and goggles</u> | ☐ <u>Multipurpose tool</u> | ☐ <u>Full body swimming suit or wetsuit</u> |
| ☐ <u>Bike repairing kit</u> (chain quick connector, chain oil, chain cutter) | ☐ <u>Cable ties, line, loose trap etc.</u> | ☐ <u>Reflective vest</u> |
| ☐ <u>Map holder</u> (bike's handlebar) | ☐ <u>Duct tape and sport tape</u> | ☐ <u>Cash / credit card</u> (During the race there might be some grocery stores) |
| ☐ <u>Team tent area equipment: accommodation / weather protection, spare / change clothes, camping stoves and cooking utensils, food / drink, etc.</u> (teams can leave these on the service and camping area's team tent area) | | |