



**LOST IN  
KAINUU**

# EQUIPMENT LIST

## EXTREMELY LOST 24 H



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### ON EACH TEAM MEMBER

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

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

### TEAM'S MANDATORY EQUIPMENT

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

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

**KAINUU  
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