



LOST IN
KAINUU

EQUIPMENT LIST

LOST 16-18 H



LOST IN
KAINUU

ON EACH TEAM MEMBER

- 1 x Biking helmet (unbroken)
- 1 x Biking lights (front and rear)
- 1 x Head lamp for night
Battery for 6-8 hours
- 1 x Drinking bottle etc.
- 1 x Swimming suit (swimming
suit can be chosen freely)
- 1 x 150-liter trash bag (provided by organizer)*
(transported by the organizer to the Fri-Sat overnight
and rest area)
- 1 x Mandatory backpack**
- Bike (MTB bike recommended)

* Each participant will receive one 150-liter trash bag from the organizer for transport to the Friday-Saturday overnight and rest area. Please remember to bring your team's tent/shelter, sleeping bag and mat, other sleeping gear, and your own food and drinks!

** 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***
- 2 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
ENDURANCE
EXPERIENCE