



LOST IN
KAINUU

EQUIPMENT LIST

LOST 16-18 H



LOST IN
KAINUU

ON EACH TEAM MEMBER

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|---|---|
| ☐ <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 150-liter trash bag (provided by organizer)*</u> (transported by the organizer to the Fri–Sat overnight and rest area) |
| ☐ <u>1 x Head lamp for night</u>
Battery for 6-8 hours | ☐ <u>1 x Mandatory backpack**</u> |
| ☐ <u>1 x Drinking bottle etc.</u> | ☐ <u>Bike (MTB bike recommended)</u> |

* 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

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| ☐ <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

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|---|--|--|
| ☐ <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>2 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)

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| ☐ <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. (teams can leave these on the service and camping area's team tent area)</u> | | |

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