



**LOST IN  
KAINUU**

# EQUIPMENT LIST

## ALMOST LOST 6-8 H



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### ON EACH TEAM MEMBER

- |  |  |
|--|--|
| <input type="checkbox"/> <u>1 x Biking helmet (unbroken)</u> | <input type="checkbox"/> <u>1 x Swimming suit (swimming suit can be chosen freely)</u> |
| <input type="checkbox"/> _____                               | <input type="checkbox"/> _____   |
| <input type="checkbox"/> _____                               | <input type="checkbox"/> <u>1 x Mandatory backpack*</u>                                |
| <input type="checkbox"/> <u>1 x Drinking bottle etc.</u>     | <input type="checkbox"/> <u>Bike (MTB or fatbike recommended)</u>                      |

### \* MANDATORY BACKPACK

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> <u>Energy, food and drink (at least for 3-4 hours race parts)</u> | <input type="checkbox"/> _____                                 | <input type="checkbox"/> <u>1 x Gloves for rope quests (can be the same as the earlier gloves)</u>     |
| <input type="checkbox"/> <u>1 x Thermal underwear shirt (waterproof packed)</u>            | <input type="checkbox"/> _____                                 | <input type="checkbox"/> <u>1 x 150 litres garbage bag (for water quests and protecting equipment)</u> |
| <input type="checkbox"/> _____   | <input type="checkbox"/> <u>1 x Beanie (waterproof packed)</u> | <input type="checkbox"/> <u>1 x Space blanket (for the case of emergency)</u>                          |
| <input type="checkbox"/> <u>1 x Waterproof jacket (waterproof packed)</u>                  | <input type="checkbox"/> <u>1 x Gloves (waterproof packed)</u> | <input type="checkbox"/> <u>Personal medicines</u>   |

### TEAM'S MANDATORY EQUIPMENT

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> <u>1 x Emit card</u>  | <input type="checkbox"/> <u>1 x Knife / multipurpose tool</u>                           | <input type="checkbox"/> <u>Fire mounting equipments (waterproof protected)</u>                             |
| <input type="checkbox"/> <u>1 x First-aid kit***</u>   | <input type="checkbox"/> <u>1 x Referee whistle (ICE situations)</u>                    | <input type="checkbox"/> <u>Bike wheel repairing kit or inner tube</u>                                      |
| <input type="checkbox"/> <u>2 x Waterproof plastic bag for maps A3 (on sale in Event Office)</u> | <input type="checkbox"/> <u>1 x Active mobile phone (waterproof and hits protected)</u> | <input type="checkbox"/> <u>1 x GPS device (organizer gives / waterproof packing by given instructions)</u> |
| <input type="checkbox"/> <u>Notes (a pencil, a marker pen and writing paper)</u>                 | <input type="checkbox"/> <u>1 x Additional power bank</u>                               | <input type="checkbox"/> _____  |

\*\*\*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)

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> <u>Energy, food and drink (at least for 3-4 hours)</u>  | <input type="checkbox"/> <u>Orienteering shoes or similar</u>     | <input type="checkbox"/> <u>Plastic bags (for shoes cover if cold and wet weather for ex.)</u>          |
| <input type="checkbox"/> <u>Biking shoes and goggles</u>   | <input type="checkbox"/> <u>Multipurpose tool</u>                 | <input type="checkbox"/> <u>Full body swimming suit or wetsuit</u>                                      |
| <input type="checkbox"/> <u>Bike repairing kit (chain quick connector, chain oil, chain cutter)</u>  | <input type="checkbox"/> <u>Cable ties, line, loose trap etc.</u> | <input type="checkbox"/> <u>Compass (and skills to use it, at least one team member)</u>                |
| <input type="checkbox"/> <u>Map holder (bike's handlebar)</u>  | <input type="checkbox"/> <u>Duct tape and sport tape</u>          | <input type="checkbox"/> <u>Cash / credit card (During the race there might be some grocery stores)</u> |
| <input type="checkbox"/> <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> |   |   |