



LOST IN
KAINUU

EQUIPMENT LIST

CASUALLY LOST 3-4 H



LOST IN
KAINUU

ON EACH TEAM MEMBER

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

* MANDATORY BACKPACK

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|---|---|---|
| ☐ <u>Energy, food and drink (at least for 6-8 hours race parts)</u> | ☐ _____ | ☐ <u>1 x Gloves for rope quests (can be the same as the earlier gloves)</u> |
| ☐ <u>1 x Thermal underwear shirt (waterproof packed)</u> | ☐ _____ | ☐ <u>1 x 150 litres garbage bag (for water quests and protecting equipment)</u> |
| ☐ _____ | ☐ <u>1 x Beanie (waterproof packed)</u> | ☐ <u>1 x Space blanket (for the case of emergency)</u> |
| ☐ <u>1 x Waterproof jacket (waterproof packed)</u> | ☐ <u>1 x Gloves (waterproof packed)</u> | ☐ <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 (waterproof protected)</u> |
| ☐ <u>1 x First-aid kit***</u> | ☐ <u>1 x Referee whistle (ICE situations)</u> | ☐ <u>Bike wheel repairing kit or inner tube</u> |
| ☐ <u>2 x Waterproof plastic bag for maps A3 (on sale in Event Office)</u> | ☐ <u>1 x Active mobile phone (waterproof and hits protected)</u> | ☐ <u>1 x GPS device (organizer gives / waterproof packing by given instructions)</u> |
| ☐ <u>Notes (a pencil, a marker pen and writing paper)</u> | ☐ <u>1 x Additional power bank</u> | ☐ _____ |

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

KAINUU
ENDURANCE
EXPERIENCE