



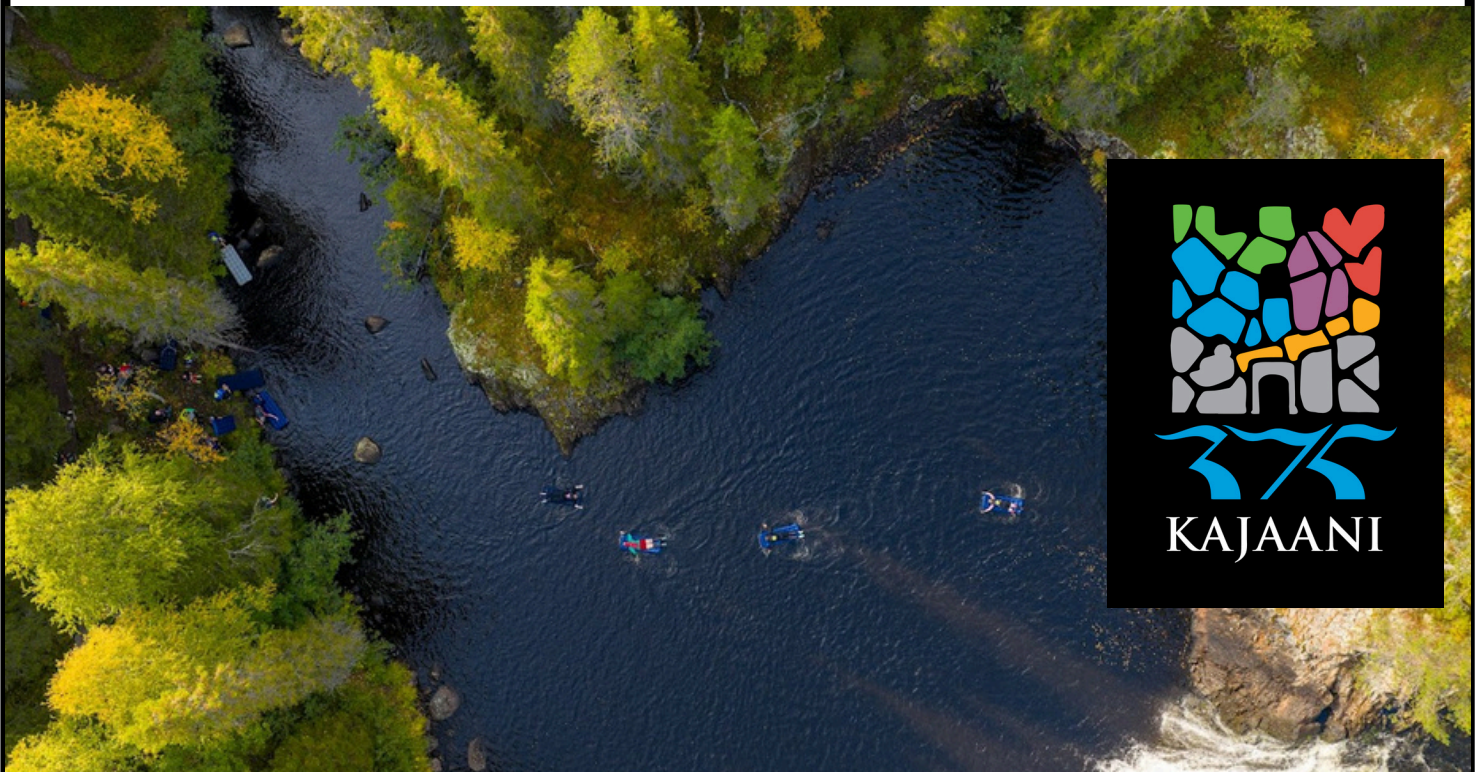
Lost in Kainuu Adventure Race 4.-5.9.2026

Kajaani 375

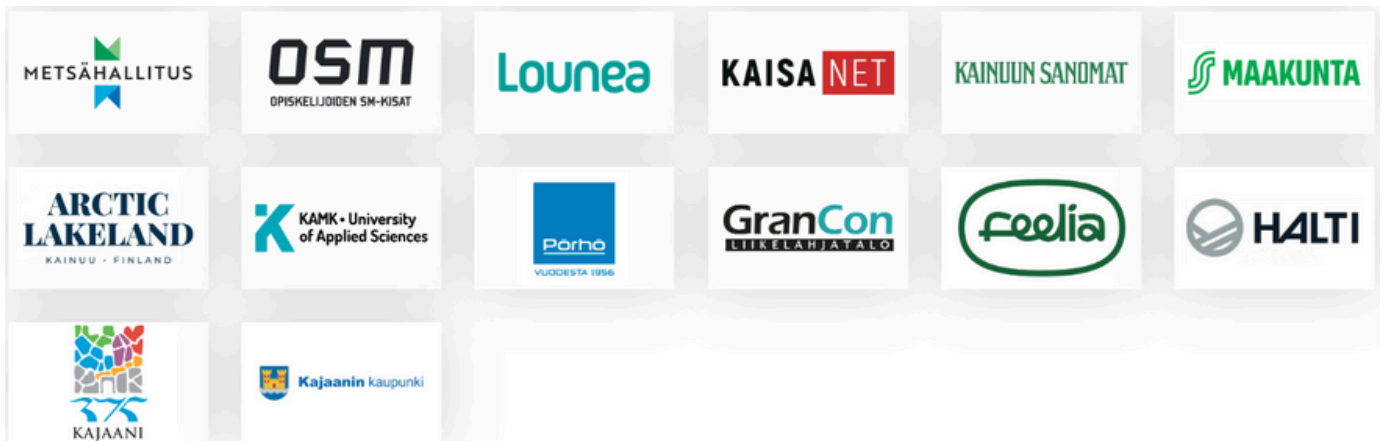
RACE INSTRUCTIONS

(updated 28.1.2026)

PRESENTED BY



ALONG FOR THE ADVENTURE





Kainuu Wilderness landscapes, the spirit of Lost in Kainuu and well-functioning arrangements. They have been turned into an adventure that will be remembered for a long time! In Lost in Kainuu Adventure you will find a diverse selection of series from a 3-hour adventure to a 24-hour adventure. This year the race will be held in Hyrynsalmi and Ukkohalla area.

LOST IN KAINUU ADVENTURE RACE IN GENERAL

Lost in Kainuu Adventure Race annually attracts 500–700 adventurers – from newcomers to top-level adventure racers – to take on this ultimate test of physical and mental endurance!

This year, the adventure takes place in the stunning terrains and landscapes of Kajaani and its surrounding areas (and perhaps even a bit further afield). The start and finish lines for all race categories are located at the Seppälä campus of the Kainuu Vocational College. The highly versatile and superb MTB terrains, fantastic water activity opportunities, and breathtaking natural sites—combined with a high-quality selection of various quest tasks—will make this adventure truly unforgettable.

The disciplines featured this year include mountain biking, running, trekking, orienteering, paddling (not included in all categories), various rope-based tasks, refreshing water challenges, and – true to tradition – surprise tasks never before seen in adventure races!

Lost in Kainuu also serves as the Finnish Student Championships (OSM) in adventure racing.

All race categories are open to physically fit individuals aged 18 and over who possess basic orienteering and swimming skills. Additionally, with written consent from a parent or guardian, young adventurers aged 15–17 who meet the same basic skill requirements may participate in the Almost Lost, Casually Lost, and Casually Charged categories. No prior rope experience is required, and rope training will be provided at the race center before the mass start, if needed.

RULES

We kindly ask adventurers to note that the adventure takes place on state, municipal, and private land where littering is strictly prohibited! If a team leaves litter on the adventure route, the organizers have the authority to impose a minimum penalty of 60 minutes or, if necessary, even disqualify the team. Let's work together to keep nature as clean as it was before the adventure race – Thank you!





RULES

- 1§ Series: Extremely Lost 24 H (men/women, /mixed), Lost 16-18 H (men/women/mixed), Almost Lost 6-8 H (open), Casually Lost 3-4 H (open) and Casually Charged 3-4 H (open)
- 2§ Each team consists of three members in the 24-hour category, two members in the 16-18-hour category and in the 6-8-hour category, and 2-5 members in the 3-4-hour categories
- 3§ In mixed teams, there must be at least one female or male member
- 4§ Competitors must be over 18 years old, healthy, and fit
- 5§ Competitors must have minimum swimming skill of 200 meters and basic orienteering skills
- 6§ Members of teams participating in the Student Finnish Championships must have valid student cards with them, as they will be checked during the collection of competition materials
- 7§ Registration is confirmed when the participation fee is paid in full
- 8§ Team members can be changed until the day before the competition
- 9§ Each participant adventures/competes at their own risk. Competitors are responsible for their own insurance coverage. Participants in the Student Finnish Championships are insured on behalf of the Finnish Student Sports Federation (OLL) during the competition and competition trips. The organizer has liability insurance that covers personal and property damage caused by the organizers' mistakes
- 10§ Competitors must comply with all rules and instructions provided by the organizers, as well as those outlined in the route map and race book. Organizers may issue additional or special instructions during the race. In such cases, the additional instructions must always be followed, even if they differ from earlier rules or guidance given in the race book or route map. Failure to respect a restricted area marked on the route map and/or in the race book, or entering such an area, will result in a 60-minute time penalty per violation. If Everyman's rights ("jokaisenoikeus", public access rights) are violated – for example, by entering private yards or areas such as cemeteries – the organizers may impose a 60-minute time penalty.
- 11§ After team material distribution, previewing the competition route on-site (i.e., in the terrain/checkpoints, etc.) is strictly prohibited. If a team is found previewing the routes or checkpoints along the route before the start of the competition, this will result in disqualification from the competition. Otherwise, there are no restrictions on familiarizing oneself with the routes and checkpoints (maps, websites, map services, etc.)
- 12§ Team members must move together as a group. The distance between the first and last team members must not exceed 100 meters. Checkpoint staff or the route book may allow exceptions to this distance. If a team is found to be moving separately (more than 100 meters apart), the team may be given a time penalty of 60 minutes per rule violation or, in flagrant cases (e.g., multiple verified instances), the team's performance may be disqualified if necessary
- 13§ Competitors must absolutely adhere to normal traffic rules! When cycling, helmets must be worn, and when cycling in twilight/darkness, front and rear lights must be used! Rear reflectors are not sufficient!
- 14§ Littering on the route is ABSOLUTELY prohibited. A team may be given a 60-minute time penalty for littering, or even disqualification. Let's respect nature with special care!
- 15§ Any discontinuation must be reported to the phone number provided in the route book and route map





RULES

- 16§ Teams have the right to request a new bicycle from the organizer if their bike becomes inoperable during the race. Assistance can be requested by calling the phone number provided in the route guide. A charge corresponding to the current price list will be applied for the replacement bike, which will be invoiced to the team after the race at the race office or through post-event billing. The organizer can provide a replacement bike only if spare bikes are available
- 17§ Any protests must be raised immediately after crossing the finish line – latest until Saturday at 20:00. The competition jury will address the protests promptly.
- 18§ Competitors have an obligation to assist another team in case of accidents
- 19§ The organizers reserve the right to suspend the competition if participants or organizers are in danger or due to any other serious reason
- 20§ Advertisements placed by the organizers along the route and at checkpoints must not be removed or covered
- 21§ The organizers have the authority to intervene in the routes of teams if progress is not being made according to schedule
- 22§ The finish line will close on Saturday at 18:30. If a team arrives at the finish line after the closing time, a 30-minute penalty will be imposed
- 23§ Non-team members are not permitted to provide assistance to a team at any time during the adventure (on the route, at task checkpoints, or at overnight accommodations and/or mandatory break areas and/or the adventure's maintenance and campsite)
- 24§ Rule for Lost series regarding overnight accommodation and maintenance and campsite: After arriving at the overnight accommodation (on Friday), teams are not allowed to leave the area! If a team or team member leaves the overnight accommodation after arrival, the team will incur a 60-minute time penalty for the team's entire adventure duration
- 25§ The mandatory equipment listed in the equipment list for the team and the mandatory equipment backpack for each team member must be carried throughout the race. The organizer may allow exceptions to this rule at some checkpoints.
- 26§ The organizer may conduct equipment inspections for teams, and a team with inadequate equipment may be disqualified or given a minimum 30-minute time penalty
- 27§ The number bib or number tag must be visible at all times during the entire race. The number bib must be worn over the entire race. The number tag can also be in the backpack, on the legs, or in another constantly visible location. The organizer may specify exceptions to this rule
- 28§ A fee of €100 will be charged for any non-returned rental Emit card
- 29§ The use of technical devices that provide a competitive advantage is prohibited. Prohibited equipment includes, for example, electric-assist bicycles (except in the Casually Charged 3–4 h category) and any devices or tools that provide real-time location information. Permitted devices include heart rate monitors, compasses, and GPS devices that only record location data and cannot be accessed during the race (data may be reviewed only after the event).
- 30§ The race follows the anti-doping rules of ADT (Anti-Doping Finland) as well as fair play rules
- 31§ The organizer reserves the right to disqualify teams that violate the rules





THE FORMATION OF FINAL RESULTS

The ranking order of the overall competition results of the adventure is determined according to the following principles. Teams' ranking order takes into account the following in the following order of importance:

- **1) Control points (Check points)**

- The number of control points correctly punched and completed in the right order according to the route description and map
- Control points punching is primarily verified based on the team's GPS track, which is why the team's GPS device must absolutely be present at the control point!
- Control points punching is secondarily verified through Emit card punching check if the team's punching couldn't be verified based on the GPS track. Due to this reason, Emit cards may not necessarily be checked from the teams during the competition, for example, at the changing area. Nevertheless, despite the above-mentioned factors, each control point must also be punched with an Emit card!
- Backup punching systems:
 - Control point logbook provided by the organizers at task control points
 - If the team is uncertain about the success of the punching (GPS or Emit), the team can optionally take a photo of the control point and the control flag from about 5 m away
 - Some quest task control points may have another punching verification tool in use (e.g., a password or phrase, etc.).

- **2) Finish time**

- The team's finish time is the time from the start to the finish line. In the Lost category, the finish times of the two days are combined.

- **3) Penalties**

- By default, all penalties incurred by the team during the adventure are performed on-site at the control point where the penalty was incurred. Generally, a penalty involves completing an additional task after a failed adventure task or a mandatory break lasting 15-30 minutes. Penalties at control points are indicated in the control point's instructions. Any other penalties incurred by the team (such as trespassing through forbidden areas, etc.) are added to the team's finish time at the adventure finish line.

- **4) Credits**

- Any credits received by the team are taken into account at the adventure finish line. A credit may be, for example, waiting at a particular adventure control point due to an organizer's mistake, lasting more than 15 min. In this case, the team is credited with the minutes that have gone beyond the 15-minute waiting time. Credits are noted for the team after crossing the finish line. Waiting times of less than 15 min are generally not credited to the teams

- **5) Other notes**

- Any other observations that affect the team's final ranking

Read the detailed rules for the formation of final results on our website -> [Results and GPS Tracking](#)





COMPETITION CENTRE

Check out lostinkainuu.fi -> Event info -> Competition centre

EQUIPMENT

Check out lostinkainuu.fi -> Event info -> Equipment

Check out also the rules 25§ and 26§.

GREETINGS FROM THE RACE MASTER

Check out lostinkainuu.fi -> Event info -> Greetings from the race master

LETTERS FOR CAPTAINS

Check out lostinkainuu.fi -> Event info -> Letters for captains

CHAMPIONSHIPS

Check out lostinkainuu.fi -> Event info -> Championships

SCHEDULE

Check out lostinkainuu.fi -> Event info -> Schedule

BEST SERVICES

For example about bike-rental check out lostinkainuu.fi -> Event info -> Best services

SUSTAINABILITY

Check out lostinkainuu.fi -> Event info -> Sustainability





PRACTICAL INSTRUCTIONS (applicable to all categories)

Arriving

Signing posts direct to parking areas located in the immediate vicinity of the event centre. From the parking areas, there is a walking distance of approximately 200-500 meters to the service and camp area.

Arriving by car to the service and camp area is not allowed; all cars must be left at the official parking areas.

For unloading/loading equipment, we have allocated a space near the event centre's service and camp area where cars can briefly stop.

After unloading/loading equipment, all cars must be promptly moved to the designated parking area at the event's parking lot. Please refer to the event centre map on the lostinkainuu.fi -> event info

Event office

The event office is located at the event centre (see lostinkainuu.fi -> Event Info -> Event Centre).

The event office is open for the adventure categories as follows:

- **Extremely Lost 24 H:**
 - Thursday from 15:00 to 22:00
 - Friday from 06:00 to 07:30
- **Lost 16-18 H:**
 - Thursday from 15:00 to 22:00
 - Friday from 06:00 to 10:00
 - Saturday from 05:00 to 06:30
- **Almost Lost 6-8 H:**
 - Friday from 15:00 to 22:00
 - Saturday from 06:00 to 08:00
- **Casually Lost 3-4 H and Casually Charged 3-4 H:**
 - Friday from 15:00 to 22:00
 - Saturday from 06:00 to 08:00

The event office sells Lost in Kainuu products, map cases, garbage bags for mandatory race equipment (150 liters), and other possible and useful supplies.





PRACTICAL INSTRUCTIONS (applicable to all categories)

Team material

Team material pickup is possible from the event office at the event centre (according to the event office's opening hours) according to the following schedule:

- 24 H: Starting Thursday at 15:00
- 16-18 H: Starting Thursday at 15:00
- 6-8 H: Starting Friday at 15:00
- 3-4 H: Starting Friday at 15:00

NOTE! Teams cannot pick up team material earlier than these times!

The team material includes, among other things:

- Race numbers (2 per team for 3-4 H, 6-8 H, and 16-18 H / 3 per team for 24 H category)
- Route book (2 per team for 3-4 H, 6-8 H, and 16-18 H / 3 per team for 24 H category)
- Route maps for 2-4 members depending the category
- Additional map sets (only in 3-4 H categories)
- Plastic map covers (2 per team for 3-4 H, 6-8 H, and 16-18 H / 3 per team for 24 H category)
- Race instructions, 1 copy
- Commemorative prize (according to the number of team participants)
- Meal tickets (included in the registration fees)
- GPS tracking device (distributed on the morning of the mass start)
- Rental Emit card (if the team has reserved an Emit card during registration)
- **NOTE!** BRING YOUR OWN EMIT CARD WHEN PICKING UP THE TEAM MATERIAL, as it will be checked during material pickup.
- In the Lost category: 150-liter trash bags (2 pcs) for gear transport to the overnight and rest area

Team phone

Provide your team's phone number when collecting your race materials. Each team must carry at least one fully charged mobile phone that remains switched on at all times during the adventure, for emergency use. The phone must be packed in a waterproof and shockproof manner. Before the race start, ICE (In Case of Emergency) numbers, found in the race book and route maps, must be saved to the phone. The phone number must be reported to the race office when collecting your team materials. The phone must remain on and with sound enabled, and the team must make every effort to answer calls from the organizers during the race in case any important updates or instructions need to be shared. Don't forget a power bank!

Download the 112 Suomi emergency app and place the app icon on your phone's home screen.

Open payments

If the team has open payments, they must first settle these payments at the event office before the team material can be handed over.





PRACTICAL INSTRUCTIONS (applicable to all categories)

Service and camping area (team tent places)

At the service and camping area, each team has their own team tent place, where all the equipment and supplies needed during the adventure race must be left. All team maintenance must take place at the team tent site; the team cannot go, for example, to retrieve supplies from a car or from some other accommodation during the competition.

The team tent space for the 24-hour category is 5 m x 5 m. For other categories, the team tent space is 4 m x 4 m. The team tent space is marked with the team's race number.

Schedule

- For the 24-hour category, the team tent space is available from Thursday starting at 15:00 until Sunday at 12:00. During the adventure race, the equipment and supplies needed by the team must be at the team tent site on Friday from 10:00 to Saturday at 18:30.
- For the 16-18-hour category, the team tent space is available from Thursday starting at 15:00 until Sunday at 12:00. During the adventure race, the equipment and supplies needed by the team must be at the team tent site on Friday from 10:00 to Saturday at 18:30.
- For the 6-8-hour category, the team tent space is available from Friday starting at 15:00 until Sunday at 12:00. During the adventure race, the equipment and supplies needed by the team must be at the team tent site on Saturday from 8:00 to 18:30.
- For the 3-4-hour categories, the team tent space is available from Friday starting at 15:00 until Sunday at 12:00. During the adventure race, the equipment and supplies needed by the team must be at the team tent site on Saturday from 8:00 to 18:30.

Toilets are available at the support and camp area. Showers and changing rooms are located near the race office, in the main building of the Seppälä campus (Kainuu Vocational College).

A drinking water station and a bike wash station for teams are located near the support and camp area, in the vicinity of the transition and finish areas.

The area has waste bins (mixed waste, plastic, cardboard/paper, and bio waste), and we kindly ask customers to follow the markings on the bins to ensure that the correct waste is placed correctly.

It is advisable to bring the following equipment (depending on whether you are staying in the area or not): tent, warm spare clothes, sleeping bag, sleeping pad, food and drinks.

NOTE! There are no indoor facilities available for drying equipment. Staying in motorhomes or caravans at the service and camp area is prohibited! Making fire is not allowed! Instead, cooking with, for example, a camping stove is allowed.





PRACTICAL INSTRUCTIONS (applicable to all categories)

GPS tracking

All teams will receive a GPS tracking device from the organizer along with instructions for its use. The devices will be distributed to teams according to the following schedule:

- 24 H:
 - Friday at 06:00-**07:30** (GPS devices will be with the teams throughout the entire race)
- 16-18 H:
 - Friday at 08:00-09:45 (GPS devices will be with the teams throughout the entire race)
- 6-8 H:
 - Saturday at 06:00-07:45 (GPS devices will be with the teams throughout the entire race)
- 3-4 H:
 - Saturday at 06:00-07:45 (GPS devices will be with the teams throughout the entire race)

The organizer has powered on the GPS device, but **it is the team's responsibility to verify its functionality** = all lights on the GPS device are flashing continuously. The organizer has packed the device securely in a waterproof plastic bag, so please do not open the plastic bag!

Place and secure the device according to the organizer's instructions as high up as possible, for example, in the top pocket of the backpack, to ensure the best possible signal to satellites and mobile networks. The organizer will provide two cable ties for attaching the device.

The public and officials can track the movement of teams on our website at lostinkainuu.fi -> Results and GPS Tracking or directly on the gpsseuranta.net service. Tracking can also be viewed afterwards.

Rope training

Rope training is provided **only as needed** on the morning of the adventure race's mass start day at the competition centre:

- 24 H: Not needed (instructions will be given on the quests if needed)
- 16-18 H: Friday from 08:30 to 09:30
- 6-8 H: Saturday at 07:00
- 3-4 H: Saturday at 07:00





PRACTICAL INSTRUCTIONS (applicable to all categories)

Team photo

All teams have the opportunity to have a team photo taken if they wish. Team photos will be taken according to the following schedule:

- 24 H: Friday from 06:00 to 07:30
- 16-18 H: Friday from 08:00 to 09:30
- 6-8 H: Saturday from 07:00 to 07:45
- 3-4 H: Saturday from 07:00 to 07:45

Captain's meeting

Each team must select a captain who will represent the team at the captain's meeting held at the competition center. The captain's meetings will be held according to the following schedule:

- 24 H:
 - Friday at 07:00
- 16-18 H:
 - Friday at 09:15
- 6-8 H:
 - Saturday at 07:15
- 3-4 H:
 - Saturday at 07:15

During the captain's meeting, the competition route will be reviewed, and captains can ask questions to the organizers. After the captain's meeting, it will also be ensured that all teams have GPS devices, they are switched on, and are properly placed as instructed, for example, in the top pocket of the backpack.

Emit card reset and punching control points

REMEMBER TO CLEAR YOUR EMIT CARD AT THE START AREA BY HOLDING THE EMIT CARD IN THE ORGANIZER'S PROVIDED 0-STAMP FOR AT LEAST 5 SECONDS!

The course may pass through the same control point multiple times. In such cases, the control point is marked with multiple numbers on the map, and it must be punched each time! Extra punches do not cause any issues as long as the correct punches are found in the correct order. Refer to page 5, section on the formation of final results.





PRACTICAL INSTRUCTIONS (applicable to all categories)

Start area, changing area and finish

The race start, changing area, and finish are located at the race centre.

Mass starts

Each category has a mass start at the following times:

- **24 H:** Friday at 10:00
 - Bus transport to the starting line departs at 7:30 from the Event Centre
 - Bike transport to the starting line departs at 7:00 from the Event Centre
- **16-18 H:** Friday at 10:00
- **6-8 H:** Saturday at 8:00
- **3-4 H:** Saturday at 8:00

Changing area

During the adventure, teams may visit the competition centre several times. Each time, the team must punch the control point marked in the route book and maps, i.e., perform a changing punch. Only after the changing punch can the team move to the team tent area. The team must arrive at the changing point using the mode of transportation specified in the team's route book.

Finish line

Closes at the race centre on Saturday at 18:30. Borrowed Emit cards, number bibs, GPS devices, and any other borrowed items are returned at the finish line.

Changing and finish areas service point and soup meals

Near the changing area and finish line, there is a service point where participants can quickly refuel with food and drinks. The service point is open throughout the adventure.

In the 24 H, and 16-18 H categories, meals included in the entry fee are provided in event centre:

- **24 H:**
 - Friday 17:00–24:00 (soup meal, during the race)
- **16-18 H:**
 - Friday 17:00–24:00 (soup meal, at Friday's finish line, overnight/rest area)
 - Saturday 04:00–06:00 (breakfast, before Saturday's start, overnight/rest area)

At the finish line on Saturday, there will be a soup meal available for all participants from 9:00 to 19:00, included in the entry fee.





PRACTICAL INSTRUCTIONS (applicable to all categories)

Service during the race

Teams are responsible for carrying all the maintenance supplies (food and drink etc.) they need during the race route. Other supplies are kept by the teams at their own team tent place in the service and camping area throughout the adventure.

Along the route, there are designated drink stations marked on the route book and map where teams can replenish their water supplies as needed.

During the adventure, teams may have the opportunity to purchase food along the route, so we recommend bringing a small amount of cash and/or a payment card.

PRACTICAL INSTRUCTIONS (this is only for 24 hours category)

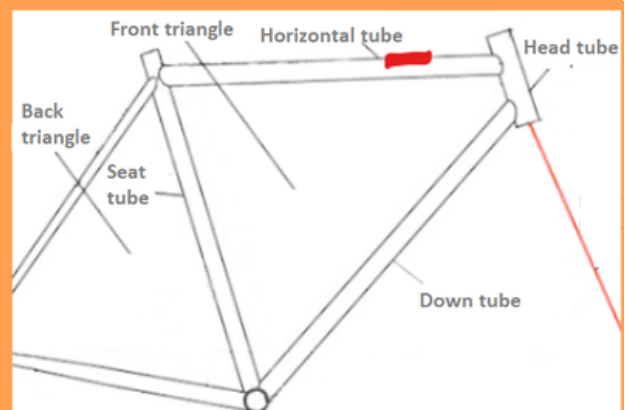
Extremely Lost 24 H

Bike transport to the starting line, Fri Sept 4th at 7:00

In the Extremely Lost 24 H category, the organizer provides bike transport to the starting line for all teams on Friday, September 4th. All team members must drop off their bikes for transport between 6:00 and 7:00 on Friday morning. The transport departs at 7:00. The mass start for this category is at 10:00. Bikes are to be left at the designated area near the race center, which will be marked and announced on-site.

Instructions for leaving your bike for transport:

- Ensure that all bike parts are securely fastened (saddle, pedals, etc.), as well as any accessories (map holder, gear bags, etc.), and that the tires are fully inflated.
- Mark your team number and name on the top of the bike frame's top tube, using tape and a marker, for example (see the image below).
- Please drop off bikes as a team at the transport area!
- Do not leave cycling shoes attached to the bike, and do not pack extra backpacks, sacks, or similar items on the bike. Only small accessory bags designed for bikes are allowed, provided they are securely attached to the frame (top tube, seat tube, down tube) or the saddle.
- Bikes can be collected as a team at the location indicated in the roadbook and map on Friday, when the team arrives at the designated point during the adventure.





PRACTICAL INSTRUCTIONS (this is only for 24 hours category)

Extremely Lost 24 H

Bus transport to the starting line, Fri Sept 4th at 7:30

In the Extremely Lost 24 H category, the organizer provides bus transport to the starting line for all team members on Friday, September 4th. The transport departs at 7:30. The mass start for this category is at 10:00. The departure point for the bus is at the Event Centre.

Instructions for the bus transport

- Ensure that you have dropped off the following for the organizer to transport:
 - Your bike to the starting line.
 - Your gear box/bag to the rest area (where the soup meal is served).
 - See the next section for gear transport instructions!
- Ensure that you and your team have at least the following gear with you:
 - **Cycling helmet (on) and cycling shoes (if used)!**
 - Mandatory personal adventure gear.
 - A backpack containing the mandatory gear.
 - Mandatory team-specific adventure gear.
 - Recommended gear based on your own discretion.

Gear transport to the rest area (soup meal location), Fri Sept 4th at 7:30

In the Extremely Lost 24 H category, the organizer provides gear transport for all team members to the rest area located approximately at the midpoint of the adventure. This is the same location where the mid-race soup meal is served. The gear transport departs at **7:30**.

Instructions for gear transport:

- 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.
- **Mark your box/bag clearly with your team number and name!**
- The organizer will transport the gear boxes/bags to the rest area.





PRACTICAL INSTRUCTIONS (this is only for 16-18 hours category)

Lost 16-18 H

Gear transport to the overnight and rest area, Fri Sept 4th at 9:30 AM

In the Lost 16–18 H category, the organizer provides gear transport for all team members to the overnight and rest area located approximately at the midpoint of the adventure. This is the same location where the mid-race soup meal and Saturday morning breakfast are served. The gear transport departs at **9:30 AM**.

Instructions for gear transport:

- 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!
- **Mark your trash bag clearly with your team number and name!**
 - **Pre-printed team number tags are included in the team material pack.**
- **Close the trash bag and attach the team number tag to the bag using the cable tie provided in the team material pack.**
- The organizer will transport the trash bags to the overnight and rest area.

Overnight and Rest Area, Fri Sept 4th – Sat Sept 5th

In the Lost 16–18 H category, there is an overnight and rest area located approximately at the midpoint of the adventure, where the first day of the race concludes. A designated spot for a tent or other shelter is reserved for each team at the site. The area has toilets and a drinking water supply, but no showers. Washing is possible in the lake.

Instructions for the overnight and rest area:

- Friday's finish line at the overnight area is open from 17:00 to 22:00 (the finish closes at 22:00).
- After arrival, collect your 150-liter trash bags from the organizer's gear area. Open the bags carefully so you can reuse them for packing on Saturday morning!
- Set up your shelter and prepare your team's sleeping area.
- Soup meal is served from 17:00 to 24:00.
- Friday's results and Saturday morning's team-specific start times will be published between 22:00 and 23:00.
- Saturday morning breakfast is served from 04:30 to 06:00.
- Pack all your overnight gear back into the same 150-liter trash bags!
- Close the bag and attach your team number tag using the cable tie provided in the team material pack.
- Leave your bag for the organizer to transport before your start at 06:00 or 06:30.
- Saturday's mass starts will be held in two groups based on Friday's results:
 - Group 1: 06:00
 - Group 2: 06:30



PRACTICAL INSTRUCTIONS (applicable to all categories)

Mandatory backpacks and team's mandatory equipment

In all sections of the adventure, each team member must carry the mandatory equipment backpack with the specified contents. Additionally, the team must carry team-specific mandatory equipment throughout the entire adventure unless otherwise specified. The GPS device must be with the team for the entire duration of the adventure!

Biking

During cycling sections, wearing an intact helmet is mandatory at all times. The use of a front and rear light is compulsory during twilight or darkness. At the end of a cycling section, the helmet can be left near the bike unless otherwise specified in the route book or at the task checkpoint. Failure to comply with the route book's instructions may result in a time penalty, or if necessary, checkpoint personnel may require retrieving the cycling helmet before completing the task. Bikes must always be left at the location indicated in the route book and map, where they are supervised by the organizers. There may be some sections during cycling where bikes can be left further away from the checkpoint voluntarily to punch the control point, but in such cases, the organizers are not responsible if the bike is stolen. Please carry your own lock if you deem it necessary. In case a bike becomes unusable due to damage, you can request a replacement bike or assistance from the organizers by calling the service/first aid phone number provided in the route book. Please note that there is a limited availability of replacement bikes, and we will charge the rental fee according to our rental price list for these bikes.

Note! The use of e-bikes is prohibited in all categories except the Casually Charged category.

An e-bike may be used in other categories only if the battery is removed or completely disabled.

Canoeing

The canoeing equipment will be provided on-site by the organizers. The equipment for each category is as follows:

- 24 H: Open canoe x 1, paddles 3, and life jackets 3
 - Teams are allowed to use their own paddles (the team is responsible for transporting them)
 - We recommend a temporary seat for the third participant in the open canoe (e.g., foam pad) because open canoes do not have a center seat
- 16-18 H: Open canoe x 1, paddles 2, and life jackets 2
- 6-8 H: Open canoe x 1, paddles 2, and life jackets 2

NOTE!

- Do not wear bike or spike shoes in the canoes as it can damage the bottoms of the canoes!
- During the canoeing section, soft-soled shoes like running shoes or similar must be worn
- GPS tracking device must be with the team during the canoeing section
- Respect the privacy of residents if passing by residential areas along the canoe route
- Do not drag the canoe on surfaces that may damage the bottom of the canoe!





PRACTICAL INSTRUCTIONS (applicable to all categories)

Water quest tasks

In the adventure, there will be some water tasks at various times. If water tasks require inflatable pads or life jackets, the organizer will provide the equipment at the task location. Teams do not need to bring their own inflatable pads this year. However, we do not restrict teams from preparing in any way, so if a team wishes, they can bring items such as inflatable pads along for the adventure.

First aid and safety

The first aid station is in the competition centre. First aid can be requested by calling the Service/First Aid phone number provided in the route book. In serious accidents, emergency number 112 should be called first, and an ambulance should be directed to the accident site. We recommend installing the 112 application on your adventure phone, which can be found in smartphone app stores. In case of a serious accident, it is advisable to call through this application. Additionally, serious accidents should be reported to the race director and the Maintenance/First Aid phone number.

Drop out

Teams that have decided to withdraw from the race must immediately notify the race director by phone. Please refer to the phone number provided in the route book or map for direct contact.

Prize-giving ceremony

The awards ceremony will be held at the competition centre on Saturday from 20:00-22:00.

Prizes will be awarded in the form of merchandise, gift cards, and medals at the FSC (Finnish Student Championships) events:

- **Extremely Lost 24 H:** Top 3 male, female, and mixed teams will be awarded. Additionally, the top 3 male, female, and mixed teams will receive Finnish Championship medals at the FSC event
- **Lost 16-18 H:** Top 3 male, female, and mixed teams will be awarded. Additionally, the top 3 male, female, and mixed teams will receive Finnish Championship medals at the FSC event
- **Almost Lost category:** Top 3 teams will be awarded. Additionally, the top 3 teams in the FSC recreational category will be awarded
- **Casually Lost category:** The winning team will be awarded, and one prize (including 2-5 items) will be randomly drawn among all participating teams
- **Casually Charged category:** The winning team will be awarded, and one prize (including 2-5 items) will be randomly drawn among all participating teams





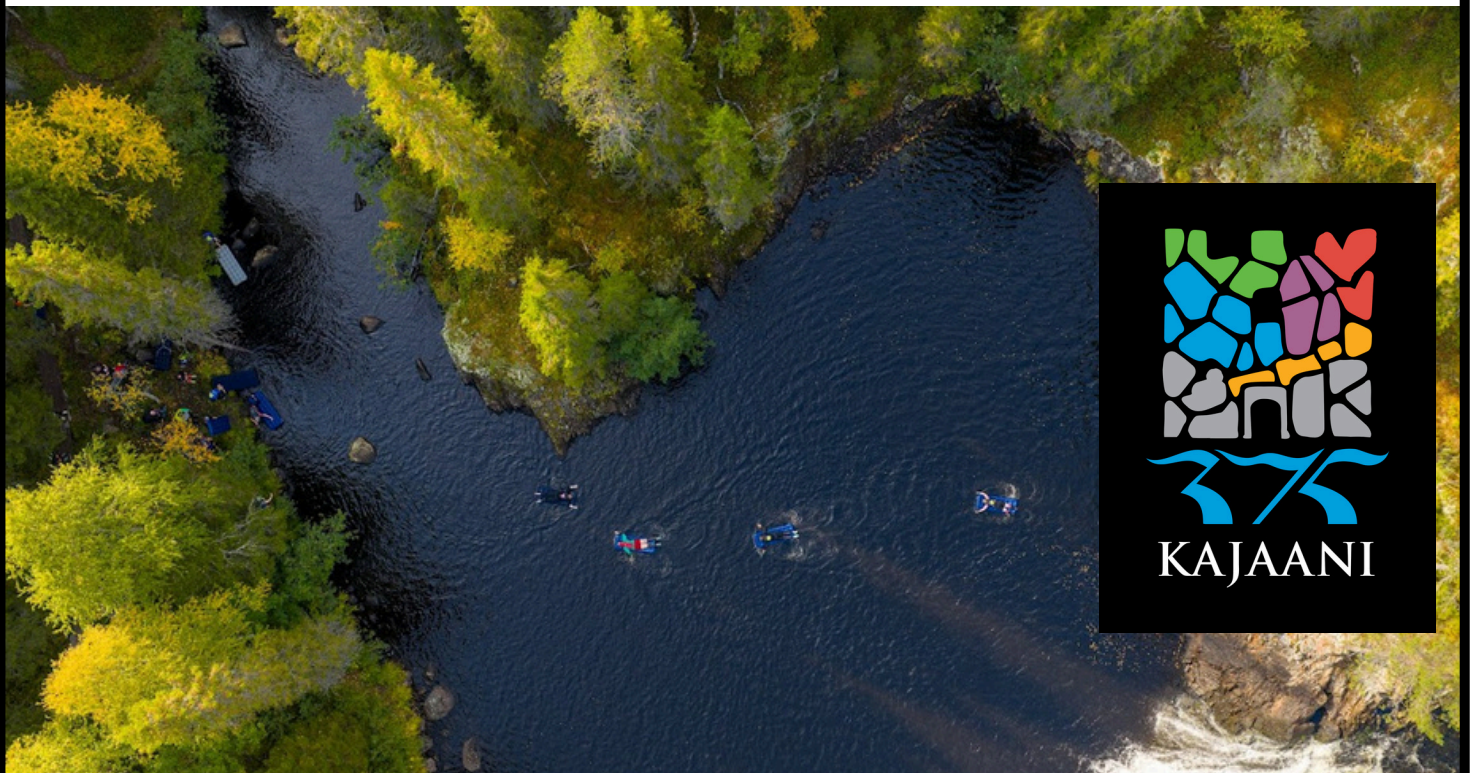
Contact:

- Race director/route master: Jukka Liuha, jukka.liuha@rastiviikko.fi, +358 44 7679 533
- Event office: tapahtumat@kainuunliikunta.fi, +358 44 532 5920
- Kilpailun järjestäjät: Kainuun Liikunta ry ja Kajaanin Ammattikorkeakoulu

Lost in Kainuu Adventure Race 4.-5.9.2026

Kajaani 375

PRESENTED BY



ALONG FOR THE ADVENTURE

