



NFNF MANDATORY EQUIPMENT LIST

PERSONAL RESPONSIBILITY AND ASSUMPTIONS - You and your team together are responsible entirely for carrying suitable and appropriate equipment, clothing and sustenance for the climate, conditions and activities in the event. This Mandatory Equipment List is NOT a list of the only items you should take. It contains the mandatory items that you and your team must carry with you, at specified times, to meet minimum safety requirements by law, prevent and/or treat SOME potential injuries, and short-term survival purposes (for example a seriously injured team member, in a stationary position, overnight in dangerous weather). It assumes your team members will NOT separate during the race and that you may share between members the mandatory equipment that must be carried. You will certainly need additional equipment, clothing, food and drink for your participation in the event.

RECOMMENDED AND INFERRED ITEMS

The following items, categories of equipment or related items, are either strongly recommended by organisers, or assumed to be an inferred requirement as competitors must understand adventure racing, the activities they will be participating in, and general outdoor adventure knowledge and experience.

- Backpacks and water carrying containers/ bladders/ bottles.
- Foods and sustenance, sufficient until the next re-supply point, including emergency quantities.
- Personal race clothing and footwear suitable for extreme conditions (including accessories such as hats/ gloves, eye protection, watch/altimeter as required and clothing for water activities).
- Extra pair of trekking/running shoes is recommended for smaller treks and kayaking.
- Waterproofing/ dry bags to keep personal and team equipment as dry, as necessary.
- Water purification device or chemicals - to avoid illness from drinking contaminated water.
- Personal medications, permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification, sun protection.
- Money and/or Credit card.
- Cycle repair kit (including pump, tubes, tools and spare parts).
- Additional and back up Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.
- Map waterproofing / waterproof map bags and route plotting equipment. Assorted colors pens, sellotape, scissors etc.
















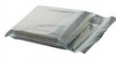




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Take note of the ***TEAM TO PROVIDE** items, different to normal ARWS events.













RULES - As a competitor, you and your team are required to carry the mandatory equipment items with you at the specified times. Checks of mandatory equipment may occur during the race and missing equipment may result in penalties or disqualification as per the race rules. If any items are used/consumed/lost during a leg, they must be replaced at the next transition point.















The mandatory equipment is divided into two categories, equipment you and your team must carry at ALL times, and equipment you and your team must carry during a specific DISCIPLINE.









**ALL TIMES - ALL DISCIPLINES**COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 















Yes/No	Name	Image	Quantity	Description
	Whistle		1 x per competitor (no share)	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
	Light Source (Headlamp)		1 x per competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race.
	Shell Layer Top (Jacket)		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have hood, seams tape sealed and be suitable for potentially extreme conditions in an adventure race.
	Base layer Top		1 x per competitor	Long sleeve, close fitting top of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Top may either be carried or worn.
	Waterproof pants (Shell Layer Bottom)		1 x per competitor	The shell/ outer layer pants must be waterproof, windproof, breathable as specified by the manufacturer. Must have tape sealed seams and be suitable for potentially extreme conditions in an adventure race. ONLY REQUIRED FOR 45hr TEAMS
	Base layer Bottom (thermal pants)		1 x per competitor	Long thermal pants, close fitting top of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Top may either be carried or worn. NOT COMPULSORY FOR 6hr
	Base layer Head (Beanie or Buff)		1 x per competitor	Beanie (or Buff) must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn over your hair/skin. Beanie may either be carried or worn.
	Magnetic Compass		1 x per team	Quality compasses for accurate navigation. Watch compasses do not meet these requirements.
	Survival Blanket (Space Blanket)		1 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility. (Note bags can deteriorate over time).
	First Aid Kit		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
	Fire Starting Device		1 x per team	Waterproof matches, gas cigarette lighter, flint and steel are all acceptable fire-starting devices. Always be extremely aware of fire risks.

	Knife		1 x per team	Minimum blade length 50mm and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while kayaking.
	Bivy Bag		1 x per competitor	Full length bivy bag. Entire person to fit inside. Primary purpose is warmth and protection from all-weather elements. NOT COMPULSORY FOR 6hr
	Camera		1 x per team	Waterproof camera for capturing control points. Fully charged with spare batteries/powerbanks as required.
	Cell Phone		1 x per team	Cell phone with fully charged battery, turned off and in waterproof bag/container for EMERGENCY USE ONLY. Cell phone camera to be used for taking photos for taking location photos in the case of a missing control point.
	Waterproof re-supply boxes		1 x per team	*TEAM TO PROVIDE No larger than 160 liters (For teams flying in, thus unable to travel with a box, a Duffel bag will suffice/or contact race organizer to assist)









 ALL TIMES - MOUNTAIN BIKE DISCIPLINE				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description
	Mountain Bike		1 x per competitor	Mountain Bike appropriate for adventure racing.
	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification.
	Front Light		1 x per competitor	Front facing white light. May be head or handlebar mounted.
	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team.
	Bike Box		1 x per competitor	Box used to transport your bike between transitions. Dimensions: 1400cm x 800cm x 300cm. Can be a cardboard bike box (from your nearest bike shop) or purpose-built plastic bike box. ONLY REQUIRED FOR 45hr TEAMS

 ALL TIMES - KAYAK DISCIPLINE				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description
	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor (No share)	Teams to provide own life jackets. Correctly sized for the competitor and must meet safety standards. Worn at all times while kayaking. Inflatable type vests not acceptable.
	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
	Paddle		1 x per competitor	Teams to provide own paddles of any choice. Please indicate on online entry form if NFNF needs to supply team with paddles.
	Illumination (Glow Stick/ Chemical light/ battery operated device)		2 x per competitor for event	One glow stick attached to PFD on shoulder position. One glow stick attached to front of kayak. One glow stick to rear of kayak (bring cable ties). Glow sticks must be glowing when dark. ONLY REQUIRED FOR 45hr TEAMS
	Kayak bag		1 x per team	*TEAM TO PROVIDE Enough to fit team paddle gear in. Paddles, that can't fit in the bag, can be separate but must be attached and labelled with a tie down.
	Kayak	 <small>Double sit-on-top</small>	2 per team of 4 1 per team of 2	*TEAM TO PROVIDE/RENT Fluid double Synergy kayak plastics sit on tops. Go to www.fluidkayaks.co.za to see specifications. Rentable from race organizer, first come first served.

   RACE SPECIFIC ITEMS				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Cable Ties		10 per team	Cable ties of minimum 30 cm in length to secure re-supply boxes before leaving transition. Cable ties not to wider than 5 cm . Re-supply boxes that are not secured by cable ties when leaving the transition will incur a 30-minute penalty.
	Rubbish or refuse bag		2 x per team	Team needs to place one refuse bag in each re-supply box. All refuse during event to be placed in to refuse bag. Any refuse left behind by team at transition areas will incur a 30-minute penalty.

 FIRST AID KIT - ALL TIMES				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 meters and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localized pressure to site of injury or wound.
	Triangular Bandage		1 x	This bandage in shape of right-angle triangle can be used to make a sling, as normal bandage and other applications.
	Wound Dressing (Sterile)		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self-adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended.
	Strapping Tape (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
	Antihistamine (strong)		4 x adult doses minimum	Antihistamine tablets inhibit the action of histamines and can be taken in event of allergic reaction.
	Anti-diarrheal Medication		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhea. Further medical attention may be required.

Recommended Items - Additional first aid items that are highly recommended include analgesics (pain reliever e.g., Paracetamol), anti-inflammatory tablets (e.g., ibuprofen), electrolyte replacement, anti-diarrheic, disinfectant and antiseptic solutions/creams, blister treatment, CPR face shield, medical gloves.

 EQUIPMENT SUPPLIED BY ORGANISER				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Official Race Bib (Vest/ Jersey/ Bib)		1 x per competitor (No share)	Organiser to provide. The official race bib must be worn by each competitor at all times as the outermost garment (Except on kayak legs). Vest/packs that cover the front of the bib are not permitted.
	Course Information, Passport and Maps		1 set x per team (2 sets for 45hr teams)	Organiser to provide. Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing.
	Tracker		1 x per team	Organiser to provide. Spot tracker provided by race organisers. Must be carried and used in accordance with direction of race organisers.