



NO FRILLS.NO FUSS.

MANDATORY EQUIPMENT LIST SHORT RACE

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.

















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
	Backpack		1 x per team	Enough space to carry all compulsory gear and both pairs of shoes, if required.
	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.
	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 or Base layer pants		1 x per competitor	The shell/ outer layer pants must be waterproof, windproof, breathable as specified by the manufacturer. Or Long thermal pants, close fitting top of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin.
	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.
	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.

 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.

 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)	*READ RACE SPECIFIC INFO - EVENT MOST LIEKLY WILL PROVIDE THIS GEAR 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 backpack/PFD/ Lifejacket.
	Paddle		1 x per competitor	*READ RACE SPECIFIC INFO - EVENT MOST LIEKLY WILL PROVIDE THIS GEAR Paddles provided.
	Kayak	 <small>Double sit-on-top</small>	2 per team of 4 1 per team of 2	*READ RACE SPECIFIC INFO - EVENT MOST LIEKLY WILL PROVIDE THIS GEAR 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.

 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
	Course Information, Passport and Maps		1 set x per team	Organiser to provide. Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing.