



Preliminary (02/2012) mandatory equipment list ARWC2012-Raid In France

The racer's equipment and clothes must be the right size.

- **Mandatory TEAM equipment (must be available for the team at all times)**
 - 1 four person tent (2 x two person tent are also accepted). Your tent must fit 4 or 2 people lying down. The ground sheet must be sewn in.
 - 1 waterproof sheet (3 x 4m) with 3 loops or attached sewn loops each side (used as shelter)
 - 1 waterproof map holder
 - 1 pocket knife in a holder or folded, 15cm long when open, capable of cutting rope
 - 1 lighter
 - 2 night light candles (birthday candles not allowed)
 - 2 compasses
 - 2 altimeters
 - 1 GPS tracking/safety unit (supplied by the organisation)
 - 1 dry bag for GPS (bin bags or Ziploc are forbidden)
 - 1 mobile phone GSM which can be used in France or must be able to accept a SIM card for the SFR network

- **Mandatory RACER equipment (must be available at all times for each racer)**
 - 1 sleeping bag (minimum weight 400g)
 - 1 survival blanket measuring 2.2m x 1.4m
 - 1 backpack (40l recommended)
 - 1 head lamp in working condition
 - 1 pair of sun glasses (100 UV and IR protection)
 - 1 dry bag for backpack (bin bag allowed)
 - 1 waterproof and breathable jacket (obligatory membrane with a minimum of 2 layers)
 - 1 pair of waterproof and breathable trousers (obligatory membrane with a minimum of 2 layers)
 - 1 long sleeved fleece top (Minimum '200', light fleece not allowed)
 - 1 thermal underwear top (long sleeved).
 - 1 pair of tights or full length trousers
 - 1 hat or head band
 - 1 pair of fingered gloves
 - 1 whistle

- **Mandatory MOUNTAIN BIKE equipment**
 - Racer**
 - 1 mountain bike in sound, working mechanical condition
 - A rigid bike box, with dimensions: 140x80x30cm (more information later)
 - 1 bicycle helmet (approved CE or UIAA)
 - 1 red rear bicycle light, fixed (mounted on the bike)
 - 1 white front bicycle light (mounted on the bike)
 - 1 pair of brake pads or a replacement brake block

- **Mandatory MOUNTAINEERING AND ROPES equipment**
 - Team**
 - 1 stove with fuel (must be able to heat 1litre)
 - 1 container minimum 1 litre (1 piece)
 - 1 rigid box with the letter A and the team's number to hold the mandatory mountaineering team and racer equipment (more information later)

Racer

- 1 pair of mountain boots which can take semi-automatic crampons
- 1 pair of crampons (minimum 10 points) and antisnow to adapt crampons to
- A dynamic rope diameter 9mm and 20m minimum
- 1 approved CE or UIAA climbing harness (unmanufactured prohibited)
- 1 double lanyard in dynamic rope (diameter 9 mm minimum) or manufactured lanyard (home made not acceptable)
- 2 self locking carabineers (approved CE or UIAA)
- 2 carabineers (approved CE or UIAA)
- 1 descender (tube or 8)
- 1 shunt or prussik loops (7mm minimum and 70cm circumference)
- 1 extra hat or head band. In addition to the list of mandatory racer equipment.
- 1 thermal underwear top (long sleeved). In addition to the list of mandatory racer equipment.
- 1 pair of leather fingered gloves
- 1 pair of warm fingered gloves
- 1 climbing, canyoning or caving helmet (approved CE or UIAA)
- 1 handled ascender (tibloc or other not allowed) + 1 pedal (rope or manufacturing)
- 1 chest blocker (Croll or Basic) + support belt

As concerns mountain boots, please contact the organisation if you are not sure if your boots comply with the race rules.

- Mandatory CANYONING and CAVING equipment

Team

- 1 stove with fuel (must be able to heat 1litre)
- 1 container minimum 1 litre (1 piece)

Racer

- 1 approved CE or UIAA climbing harness (home made not acceptable)
- 1 double lanyard in dynamic rope (diameter 9 mm minimum) or manufactured lanyard (home made not allowed)
- 2 self locking carabineers (approved CE or UIAA)
- 2 carabineers (approved CE or UIAA)
- 1 descender (tube or 8)
- 1 shunt or prussik loops (7mm minimum diam. and 70cm circumference)
- 1 neoprene wetsuit (long John type, minimum 3 mm)
- 1 extra hat or head band. In addition to the list of mandatory equipment racer.
- 1 thermal underwear top (long sleeved). In addition to the list of mandatory equipment racer.
- 1 pair of leather full fingered gloves
- 1 climbing, canyoning or caving helmet (approved CE or UIAA)

- Mandatory NAVIGATION equipment

Team

- 2 waterproof tanks or bags (must be able to contain personal and team equipment)
- 2 throw bags with 15 meter rope (floating) minimum diameter 8mm (home made not acceptable)
- 2 high powered lamps
- 1 bag (can use one of the waterproof bags) marked with the letter B and the team's number which will contain team and racer mandatory navigation equipment (except for paddles)
- a separate cover, marked with the team's name and number, in which the team's paddles can be put
- 2 strobe lights

Racer

- 1 life jacket (Norm CE, adapted to your body weight)
- 1 whistle attached to the life jacket
- 1 knife attached to the life jacket (knife in holster or folding type Petzl Spatha)
- 1 simple or double paddle (your choice and own paddles allowed)
- 1 pair of running shoes (porting)
- 2 glow sticks (8 hours minimum)

EMERGENCY FIRST AID KIT

| Symptoms | Therapeutic category | posology | Quantities team | Quantities replacement |
|--------------------------------------|---|--|--|-----------------------------------|
| Anti-fever, Pain killer, Headache | Acetyl salisilic acid 500 or 1000 mg Or Paracetamol : 500 or 1000mg Or Dextropropoxifen/paracetamol : 30/400mg | 3g/day in 3 or 6 times 3g/day in 3 times each 8 hours 2p x 4/day each 6 or 8 hours | 2 doses* Soit 3p of 1000g or 6p of 500 mg | 2 boxes |
| Serious pain | Paracetamol/codein 500/30mg | 2p x 3/day each 8 hours Risk of drowsiness | | 2 boxes |
| Joins/muscular injuries | Ibuprofene 400 mg | 3p/day each 8 hours | 6p (2 doses) | 2 boxes |
| abdominal pain | Phloroglucinol (orodispersible) | 2p x 4/day each 6 hours | | 2 boxes |
| diarrhoea | Loperamide Or Racécadotril 100mg | 2p first and 1 after each diarrhoea Max 8:Days 1p first and one during each meal . max 3/days | | 1 box 1 box |
| Diarrhoea/abdominal pain | Diosmectite (smecta) | 3 sachets/day | 3 sachets | 1box |
| Nausea-vomoting | Metoclopropamide Or Metopimazine (orodispersible) | 1p x 3/day 2 to 4p/day | 1 doses | 1 box |
| Allergy | Cetirizine Or Hydroxyzine (DCI) dichlorhydrate 25 mg | 1p/day 2 to 4 p/day Risk of drowsiness | 2 doses | 1 box |
| Ophthamia | Sodium chlorure 0,9‰ unidose And Antiseptic lotion : ex Céthexonium And Ocular compress | Wash eyes if conjonctival irritation : x 5 per day 1 drop X 3 or 4 / Day | 2 doses | 15 doses 1 dose 1 |
| Nose bleeding | Hemaustatic gaze | | | 1 box |
| Blisters | Band aid advanced healing blister Compeed plaster, Spenco 2 nd skin | Different shape and size | 5 pieces | 2 boxes |
| Antiseptic | Iodo Povidone solution 10%(unidose) Or Hexamidine | | 5ml X 1 doses | 10 doses + 125 ml 45ml + 300ml |
| Compress | Steril compress | | 3 units | 20 units |
| Compress (2) | Compress with povidone | | | 2 units |
| Bandages | Nylex, elastopaste, coheban | | 1 roll | 1roll of each |
| | scissors | | 1 | 1 |
| | tweezers | | 1 | 1 |
| | Fungicide powder | | | 1 |
| Sun care | Total sunscream cream min 15 | | | 100g |
| Foot cream | Cream NOK, Vaseline... | | | 1 |
| Survival blanket | | | 1 | |
| Skin irritation | Vaseline | | | 1 |
| OPTIONAL BUT RECOMMENDED | | | | |
| Gastro intestinal reflux | H2 antihistaminic omeprazol | | | 1 |
| Antiseptique urinaire | Fosfomycine trometamol (mono dose) | | | 1 |
| Antiinflammatory cream | Voltarene gel... | | | 1 |
| Antiseptic cream | Hexomedine, betadine | | | 1 |

* : means that you need to have 3 days of treatment with you. For example :

Paracetamol : 500 or 1000mg : 3g/day in 3 times each 8 hours : 9 g for 3 days or 9 pills of 1000mg or 18 of 500mg