



## Preliminary mandatory (06/2012) equipment list ARWC 2012- Raid In France

Equipment and clothes have to be at the good size for the racer.

Modifications made between 04/2012 and 06/2012 are written in red

- **Mandatory TEAM equipment (must be available for the team at all times)**
  - 1 four person tent (2 x 2 person tent are also accepted). Your tent must fit 4 or 2 persons lying down without touching the edge of the tent. The ground sheet must be attached to the tent.
  - 1 waterproof sheet (3 x 4m) with 3 loops or attached sewn loops each side (used as shelter)
  - 1 waterproof map holder
  - 1 knife (foldable or in a holder and 15cm long when open, capable of cutting rope)
  - 1 lighter
  - 2 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 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 waterproof and breathable pants (obligatory membrane with a minimum of 2 layers)
  - 1 long sleeved fleece top (Polartec200 type minimum, light fleece not allowed)
  - 1 thermal underwear top (long sleeved).
  - 1 pair of tights or full length trousers
  - 1 hat or Buff
  - 1 pair of full fingered gloves
  - 1 whistle
  
- **Mandatory MOUNTAIN BIKE equipment Racer**
  - 1 mountain bike in working condition
  - 1 rigid bike box **and waterproof (cardboard forbidden)** with **maximum** dimensions: 140x80x30cm (see newsletter n°2). **The weight of the loaded crate will be limited (maximum between 25 and 30kg, not define yet).**
  - 1 bicycle helmet (approved CE or UIAA)
  - 1 red rear bicycle light, fixed (mounted on the bike)

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- 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 (**Dimensions: 71x42x47cm – Provide by the organisation**) to hold the mandatory mountaineering team and racer equipment (more information later)
- **1 rigid crate mark HM and the number of the team (Dimensions : 79x40x34cm – provide by the organisation) that must only contain your high mountain equipment : mountain choose, crampons, galters, rope, ice axe.**
- 1 dynamic rope diameter 8mm and 20m minimum (ex : Béal Rando 8mm type)
- 2 Ice Axes (length 50 cm minimum)

**Racer**

- 1 pair of mountain boots which can take semi-automatic crampons (rigid sole)
- 1 pair of crampons (minimum 10 points) and antisnow to adapt crampons to
- **1 pair of galters (mini galters not accepted)**
- ~~A dynamic rope diameter 9mm and 20m minimum~~
- 1 approved CE or UIAA climbing harness (home made not allowed)
- 1 double lanyard in dynamic rope (diameter 9 mm minimum) or manufactured tape lanyard (home made not allowed)
- 2 self locking carabineers (approved CE or UIAA)
- 2 keylock carabineers (approved CE or UIAA)
- 1 descender (tube or 8 only)
- 1 shunt or prussik loops (7mm minimum and 70cm circumference)
- 1 extra hat or Buff. 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 full fingered gloves
- 1 pair of warm full fingered gloves
- 1 climbing, canyoneering or caving helmet (approved CE or UIAA)
- 1 handled ascender (tibloc or other not allowed) + 1 pedal (rope or manufacturing)
- 1 blocker chest (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 allowed)
- 1 double lanyard in dynamic rope (diameter 9 mm minimum) or manufactured tape lanyard (home made not allowed)
- 2 self locking carabineers (approved CE or UIAA)
- 2 keylock carabineers (approved CE or UIAA)
- 1 descender (tube or 8 only)
- 1 shunt or prussik loops (7mm minimum diam. and 70cm circumference)
- 1 wetsuit (long John type, minimum 3 mm)
- 1 extra hat or Buff. 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 full fingered gloves
- 1 climbing, canyoneering or caving helmet (approved CE or UIAA)

- **Mandatory NAVIGATION KAYAK 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 allowed)
- 2 high powered lamps
- 1 or 2 bags (can use 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)
- 1 separate system, marked with the team's name and number, in which the team's paddles can be put
- 2 strobe lights

**Racer**

- 1 white water navigation helmet (Norm CE or equivalent)
- 1 wetsuit (long John type, minimum 3 mm)
- 1 life jacket (Norm CE, adapted to your body weight) (see newsletter n°2)
- 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 (carrying)
- 2 stick lights (8 hours minimum)

- **Mandatory RAFTING equipment**

**Team**

- 2 waterproof -bags (must be able to contain personal and team equipment)
- 2 throw bags with 15 meter rope (floating) minimum diameter 8mm (home made not allowed)
- 1 or 2 bags (can use 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)

**Racer**

- 1 white water navigation helmet (Norm CE or equivalent)
- 1 wetsuit (long John type, minimum 3 mm)
- 1 life jacket (Provide by organisation)
- 1 whistle attached to the life jacket
- 1 knife attached to the life jacket (knife in holster or folding type Petzl Spatha)
- 1 simple paddle (Provide by organisation)
- 1 pair of running shoes (carrying)

# EMERGENCY FIRST AID KIT

Symptoms	Therapeutic category	posology	Quantities /team	Quantities/ Assistance
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 spleepiness		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 spleepiness	2 doses	1 box
Ophtamia	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 <sup>nd</sup> 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, elastoplaste, 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
<b>OPTIONAL BUT RECOMMENDED</b>				
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