

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)

- o 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.
- o 1 waterproof sheet (3 x 4m) with 3 loops or attached sewn loops each side (used as shelter)
- o 1 waterproof map holder
- o 1 knife (foldable or in a holder and 15cm long when open, capable of cutting rope)
- 1 lighter
- o 2 candlles (birthday candles not allowed)
- o 2 compasses
- o 2 altimeters
- o 1 GPS tracking/safety unit (supplied by the organisation)
- 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)

- o 1 sleeping bag (minimum weight 400g)
- o 1 survival blanket measuring 2.2m x 1.4m
- o 1 backpack (40l recommended)
- o 1 head lamp in working condition
- o 1 sun glasses (100 UV and IR protection)
- o 1 dry bag for backpack (bin bag allowed)
- o 1 waterproof and breathable jacket (obligatory membrane with a minimum of 2 layers)
- o 1 waterproof and breathable pants (obligatory membrane with a minimum of 2 layers)
- o 1 long sleeved fleece top (Polartec200 type minimum, light fleece not allowed)
- o 1 thermal underwear top (long sleeved).
- o 1 pair of tights or full length trousers
- o 1 hat or Buff
- o 1 pair of full fingered gloves
- o 1 whistle

• Mandatory MOUNTAIN BIKE equipment Racer

- o 1 mountain bike in working condition
- o 1 rigid bike box and waterproof (cardboard forbidden) with maximum dimensions: 140x80x30cm (see newsletter n°2). The weight of the loaded crate will be limitated (maximum between 25 and 30kg, not define yet).
- o 1 bicycle helmet (approved CE or UIAA)
- o 1 red rear bicycle light, fixed (mounted on the bike)

- o 1 white front bicycle light (mounted on the bike)
- o 1 pair of brake pads or a replacement brake block

• Mandatory MOUNTAINEERING AND ROPES equipment Team

- o 1 stove with fuel (must be able to heat 1litre)
- o 1 container minimum 1 litre (1 piece)
- o 1 rigid crate 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)
- o 1 rigid crate with the letters HM and the team's number (Dimensions: 79x40x34cm provide by the organisation) that must only contain your high mountain equipment: mountain choose, crampons, galters, rope, ice axe.
- o 1 dynamic rope diameter 8mm and 20m minimum (ex : Béal Rando 8mm type)
- o 2 Ice Axes (length 50 cm minimum)

Racer

- o 1 pair of mountain boots which can take semi-automatic crampons (rigid sole)
- o 1 pair of crampons (minimum 10 points) and antisnow to adapt crampons to
- o 1 pair of galters (mini galters not accepted)
- A dynamic rope diameter 9mm and 20m minimum
- o 1 approved CE or UIAA climbing harness (home made not allowed)
- o 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)
- o 1 descender (tube or 8 only)
- o 1 shunt or prussik loops (7mm minimum and 70cm circumference)
- o 1 extra hat or Buff. In addition to the list of mandatory racer equipment
- o 1 thermal underwear top (long sleeved). In addition to the list of mandatory racer equipment
- o 1 pair of leather full fingered gloves
- o 1 pair of warm full fingered gloves
- o 1 climbing, canyoneering or caving helmet (approved CE or UIAA)
- o 1 handled ascender (tibloc or other not allowed) + 1 pedal (rope or manufacturing)
- o 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

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

Racer

- o 1 approved CE or UIAA climbing harness (home made not allowed)
- o 1 double lanyard in dynamic rope (diameter 9 mm minimum) or manufactured tape lanyard (home made not allowed)
- o 2 self locking carabineers (approved CE or UIAA)
- o 2 keylock carabineers (approved CE or UIAA)
- o 1 descender (tube or 8 only)
- o 1 shunt or prussik loops (7mm minimum diam. and 70cm circumference)
- o 1 wetsuit (long John type, minimum 3 mm)
- o 1 extra hat or Buff. In addition to the list of mandatory racer equipment.

- o 1 thermal underwear top (long sleeved). In addition to the list of mandatory racer equipment.
- o 1 pair of leather full fingered gloves
- o 1 climbing, canyoneering or caving helmet (approved CE or UIAA)

• Mandatory NAVIGATION KAYAK equipment

Team

- o 2 waterproof tanks or bags (must be able to contain personal and team equipment)
- o 2 throw bags with 15 meter rope (floating) minimum diameter 8mm (home made not allowed)
- o 2 high powered lamps
- o 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)
- o 1 separate system, marked with the team's name and number, in which the team's paddles can be put
- o 2 strobe lights

Racer

- o 1 white water navigation helmet (Norm CE or equivalent)
- o 1 wetsuit (long John type, minimum 3 mm)
- o 1 life jacket (Norm CE, adapted to your body weight) (see newsletter n°2)
- o 1 whistle attached to the life jacket
- o 1 knife attached to the life jacket (knife in holster or folding type Petzl Spatha)
- o 1 simple or double paddle (your choice and own paddles allowed)
- o 1 pair of running shoes (carrrying)
- o 2 stick lights (8 hours minimum)

Mandatory RAFTING equipment

Team

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

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

EMERGENCY FIRST AID KIT

Anti-Never, Pain killer, Headach Paracetamol : 500 or 1000mg Or Dextropropoxifen/paracetamol : 30/400mg 2p x 4/day each 6 or 8 Soit 3p of 1000g or 6p of 500 mg 2p x 4/day each 6 or 8 Nours 2p x 4/day each 6 hours	Symptoms	Therapeutic category	posology	Quantities /team	Quantities/ Assistance	
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*: 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