



# ADVENTURE RACING WORLD CUP

16 to 20 sept  
2015

## Temporary mandatory equipment list ARWS 2015 - Raid In France

Update: July, 6<sup>th</sup> 2015

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

- **Mandatory TEAM equipment (must be available for the team at all times)**
  - 1 four person tent (minimum 2.5m<sup>2</sup>) (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 3m) with 3 loops or attached sewn loops each side (used as shelter)
  - 1 waterproof map holder
  - 1 knife (foldable or in a holder, minimum 50 mm length blade, capable of cutting rope)
  - 1 lighter
  - 2 candles (birthday candles not allowed)
  - 2 compasses
  - 2 altimeters
  - 1 GPS tracking/safety unit (provided by the organization)
  - 1 mobile phone GSM (excepted iPhone and smartphone) which can be used in France or must be able to accept a SIM card for the SFR or Vodaphone network.
  - 1 Waterproof digital camera (may be used to photograph in case of missing checkpoint or other rule breaches). Mobile phone not allowed, camera like Go Pro allowed.
  - 1 First aid kit
  - 1 Strobe Light (Headlamps or cycle lamps that flash are not acceptable)
  
- **Mandatory RACER equipment (must be available at all times for each racer)**
  - 1 sleeping or bivy bag (minimum weight 400g).
  - 1 survival blanket measuring minimum 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 shell layer jacket (obligatory membrane with a minimum of 2 layers and must have hood)
  - 1 shell layer pants (obligatory membrane with a minimum of 2 layers)
  - 1 long sleeved fleece top (minimum weight : 200g), (must be bigger than the baselayer)
  - 1 baselayer top (long sleeved, synthetic or wool).
  - 1 baselayer legs (leggings or tights, synthetic or wool)
  - 1 hat or Buff
  - 1 pair of full fingered gloves.
  - 1 whistle
  - 1 waterproof copy of your health and repatriation insurance certificate
  - 1 official race bib (provided by organization, must be worn all the time and be apparent)

- **Mandatory MOUNTAIN BIKE equipment**

**Racer**

- 1 mountain bike in working condition
- 1 rigid bike box and waterproof (cardboard forbidden) with maximum dimensions: 140x80x30cm
- 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 reflective vest

- **Mandatory MOUNTAIN AND ROPES equipment**

**Team**

- 1 stove with fuel (must be able to heat 1 liter)
- 1 container minimum 1 liter
- 1 rigid crate with the letter A and the team's number (Dimensions: 71x42x47cm – provided by the organization) to hold the mandatory mountaineering team and racer equipment.

**Racer**

- 1 approved CE or UIAA climbing harness (homemade not allowed)
- 1 double lanyard in dynamic rope (diameter of 9 mm minimum) or manufactured tape lanyard (homemade not allowed)
- 2 auto locking carabiners (approved CE or UIAA)
- 2 screw lock carabiners (approved CE or UIAA)
- 1 descender (tube or 8 only)
- 1 shunt or prussik loops (7mm minimum and 70cm circumference)
- 1 pair of leather full fingered gloves
- 1 climbing, canyoneering or caving helmet (approved CE or UIAA)
- 1 handled ascender (tibloc or other not allowed) + 1 foot loop (rope or manufacturing)
- 1 chest ascender (Croll or Basic ) + support belt

- **Mandatory CANYON and SPELEO equipment**

**Team**

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

**Racer**

- 1 approved CE or UIAA climbing harness (homemade not allowed)
- 1 double lanyard in dynamic rope (diameter 9 mm minimum) or manufactured tape lanyard (homemade not allowed)
- 2 auto locking carabiners (approved CE or UIAA)
- 2 screw lock carabiners (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) + wetsuit top (1.5mm mini) long sleeved or 1 wetsuit (long sleeved, minimum 3 mm)
- 1 extra hat or Buff. In addition to the list of mandatory racer equipment.
- 1 baselayer top (long sleeved, synthetic or wool). 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 KAYAK equipment**

**Team**

- 2 kayaks (provided by the organization)
- 2 waterproof -bags marked with the letter B and the team's number (must be able to contain mandatory personal and team equipment or team and racer mandatory kayak or raft equipment (except for paddles))
- 2 throw bags with 10 meter rope (floating) minimum diameter 8mm (homemade not allowed)
- 2 high power lamps
- 1 separate system, marked with the team's name and number, in which the team's paddles can be put
- 1 strobe light. In addition to the list of mandatory team equipment.
- 8 glowsticks (10h mini)

**Racer**

- 1 white water navigation helmet (Norm CE or equivalent)
- ~~1 wetsuit (Long John type, minimum 3 mm)~~
- 1 life jacket (CE norm, 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). The knife must be accessible with your race bib worn on your life jacket.
- 1 simple or double paddle (your choice and your own paddles allowed)
- 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* Thus 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 sleepiness		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-vomiting	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 sleepiness	2 doses	1 box
Ophthalmia	Sodium chlorure 0,9‰ unidose  And Antiseptic lotion : ex Céthexonium And Ocular compress	Wash eyes if conjunctival irritation : x 5 per day  1 drop X 3 or 4 / Day	2 doses	15 doses  1 dose
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	1 roll 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