



## ADVENTURE RACING WORLD SERIES MANDATORY EQUIPMENT LIST

### ARWS 2021 – Raid in France

Version dated 23 February 2021

The AR World Series members using this list have collectively agreed on standard mandatory equipments, and definitions of this equipment, that individuals and teams must carry while participating in an AR World Series adventure race. They have also agreed on the rational and logic for the inclusion of items on this list. Additional items may be added by race organisers where they are specific to their location, conditions or laws of the host country.

**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 bad 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 have an understanding of 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, including quantity for unexpected circumstances.
- ▶ 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 such as wetsuits).
- ▶ Cycle repair kit (including pump, tubes, tools and spare parts).
- ▶ 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 (not in contravention of anti-doping rules) permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification tags, sun protection creams.
- ▶ Money/ Credit card, personal identification card/ Passport, immigration or visa certificates.
- ▶ Additional and back up Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.












**RULES** - As a competitor in the AR World Series event using this list, 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.














**PROHIBITED ITEMS** - Prohibited items are outlined in the ARWS Rules of Competition

<https://arworldseries.com/resources/> There are specific rules on items containing GPS, communications/ internet capabilities and items that could potentially assist with navigation.

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|  |   |   | <b>ALL TIMES - ALL DISCIPLINES – ARWS 2021 Raid in France</b> |  |
|---|---|---|---|--|
| Yes/No  | Name  | Image   | Quantity  | Description  |
| ✓   | <b>Official Race Bib</b><br>(Vest/ Jersey/ Bib) |    | 1 x per competitor<br>(no share)                              | The official race bib must be worn by each competitor at all times as the outermost garment. Vest/packs that cover the front of the bib are not permitted. <b>Race bibs are provided by the race organizers.</b>   |
| ✓   | <b>Whistle</b>                                  |    | 1 x per competitor<br>(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.  |
| ✓   | <b>Light Source</b><br>(Headlamp)               |    | 1 x per competitor  | Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g. headlamp, cycle lights.   |
| ✓   | <b>Shell Layer Top</b><br>(Jacket)              |    | 1 x per competitor  | The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have a hood, seams tape sealed and suitable for potentially extreme conditions in an adventure race. Laminated minimum two layers.   |
| ✓   | <b>Shell Layer Bottom</b><br>(Pants)            |   | 1 x per competitor  | The shell/ outer layer pants must be waterproof and windproof as specified by the manufacturer. Pants must be seams tape sealed and suitable for potentially extreme conditions in an adventure race.  |
| ✓   | <b>Mid Layer Top</b><br>(Fleece)                |  | 1 x per competitor  | The mid layer top is used between the baselayer and shell layer to provide additional insulation in cooler conditions. Long sleeve top of synthetic or wool fabric. Mid weight (greater than baselayer), moisture wicking/ quick drying. Top may be carried or worn. When tested on scales the weight of the top must be 175 grams or greater. |
| ✓   | <b>Baselayer Top</b>                            |  | 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.  |
| ✓   | <b>Baselayer Legs</b><br>(Leggings/ Tights)     |  | 1 x per competitor  | Long leg, close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Bottom may either be carried or worn.   |
| ✓   | <b>Baselayer Head</b><br>(Beanie)               |  | 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.   |
| ✓   | <b>Full fingerd gloves</b>                      |   | 1 x per competitor  | Pair of full fingered gloves, possibly to be the same used in ropes activities.  |
| ✓   | <b>Magnetic Compass</b>                         |  | 2 x per team  | Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race. Watch compasses do not meet these requirements.   |
| ✓   | <b>Altimeter</b>                                |   | 2 x per team  | Altimeter do not have GPS device inside.   |
| ✓   | <b>Sun Glasses</b>                              |   | 1x per competitor   | 100 UV and IR protection   |

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|   |  |  |                    |  |
|---|--|--|--------------------|--|
| ✓ | <b>Course Information and Maps</b>           |   | 2 x per team       | Course maps, course notes and passport/ control card, <b>provided by organizers</b> , appropriate for section of the race teams are completing. Adequate waterproofing e.g. laminated or waterproof paper, clear adhesive (Contact) or waterproof map bag.   |
| ✓ | <b>Survival Blanket (Space Blanket)</b>      |   | 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).   |
| ✓ | <b>First Aid Kit</b>                         |   | 1 x per team       | First Aid contents specified separately. Must be contained in waterproof bag.  |
| ✓ | <b>Fire Starting Device</b>                  |   | 1 x per team       | Waterproof matches, gas lighter, flint and steel are all acceptable fire starting devices.   |
| ✓ | <b>Knife</b>                                 |   | 1 x per team       | Minimum blade length 50mm and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while kayaking.   |
| ✓ | <b>Strobe Light</b>                          |   | 1 x per team       | Must be flashing white light 360 degree visibility, waterproof to 1m or greater, rated for visibility beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. Can be used in an emergency situation (on both land and sea) to alert others to your location. Headlamps or cycle lamps that flash are not acceptable.   |
| ✓ | <b>Sleeping Bag / Bivy Bag</b>               |    | 1 x per competitor | Full length sleeping bag or heat reflective breathable bivy sack. (not enclosed survival/space blanket) When tested on scales the weight of the bag must be 150 grams or greater. Primary purpose is warmth.   |
| ✓ | <b>Emergency Shelter (Tent or Bothy Bag)</b> | <br> | 1 x per team       | TENT - Must have sewn in floor and minimum floor area of 2.5m <sup>2</sup> or 27ft <sup>2</sup> . Tent design must include poles. All the required poles, pegs, ropes etc must be carried with the tent. Must be suitable for potential conditions of the race.<br>or<br>BOTHY BAG - Single Bothy bag rated for 4 people (not e.g. 2 x 2 person bags) made from waterproof & windproof material and containing air vents. When tested on scales the weight of only the bag must be 400 grams or greater. Bothy bag manufactured mandatory. |
| ✓ | <b>Cell Phone</b>                            |   | 1 x per team       | Cell phone with fully charged battery, turned off and sealed in opaque and waterproof bag/container for emergency use only. Race organizers will provide advice on specific cell network (if required) and seal phones in security bags before the race.   |
| ✓ | <b>GPS Tracker/ Emergency Communications</b> |   | 1 x per team       | <b>Specific device provided by race organizers.</b> Must be carried and used in accordance with direction of race organizers.  |
| ✓ | <b>Digital Camera</b>                        |   | 1 x per team       | Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. Used to photograph in case of missing checkpoint.  |
| ✓ | <b>Backpack</b>                              |  | 1 x per competitor | 40l recommended  |
| ✓ | <b>Dry bag</b>                               |  | 1 x per competitor | For backpack (bin bag allowed)   |
| ✓ | <b>Transition Gear Box/Bin</b>               |   | 2 x per team       | 110l (85cmx49cmx39cm)<br>85l (75cmx45cmx39cm)<br><b>Provided by the organizers.</b>  |

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|   |                       |  |                    |   |
|---|-----------------------|--|--------------------|---|
| ✓ | <b>Personal paper</b> |  | 1 x per competitor | Waterproof copy of your health and repatriation insurance certificate |
| ✓ | <b>Waste bag</b>      |  | 1x per competitor  | Bin bag for toilet paper and other                                    |







|  <b>ALL TIMES - MOUNTAIN BIKE DISCIPLINE – ARWS 2021 Raid in France</b> |                        |   |                    |   |
|--|------------------------|---|--------------------|---|
|  | Name                   | Image   | Quantity           | Description   |
| ✓  | <b>Mountain Bike</b>   |    | 1 x per competitor | Mountain Bike appropriate for adventure racing. No road , cyclocross or E bikes.  |
| ✓  | <b>Bike box</b>        |    | 1 x per competitor | Bikes will be transported in boxes. Boxes must conform to the following specifications or have smaller dimensions. Dimensions 55" x 32" x 12" (140cm x 80cm x 30cm). Fluted plastic (corflute) or plasticized cardboard - no wood or steel. |
| ✓  | <b>Helmet</b>          |    | 1 x per competitor | Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent)  |
| ✓  | <b>Reflective vest</b> |   | 1 x per competitor | Must be wear during the night and must be visible with backpack. Certification CE or equivalent.  |
| ✓  | <b>Front Light</b>     |  | 1 x per competitor | Front facing white light. Must be mounted on the bicycle.   |
| ✓  | <b>Rear Light</b>      |  | 1 x per competitor | Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team.  |

Caution: Mountain bike traction system must be releasable all time and not use during downhill.





|  <b>ALL TIMES - KAYAK DISCIPLINE – ARWS 2021 Raid in France</b> |  |   |                               |   |
|--|--|---|-------------------------------|---|
|  | Name   | Image   | Quantity                      | Description   |
| ✓  | <b>Personal Flotation Device (PFD/ Lifejacket)</b> |  | 1 x per competitor (no share) | Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while kayaking. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy. |
| ✓  | <b>Whistle</b>                                     |  | 1 x per competitor            | Must be attached to the PFD/ Lifejacket.  |
| ✓  | <b>Knife</b>                                       |  | 1 x per livejacket            | Minimum blade length 50mm and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while kayaking. Must be open with one hand and attached to the livejacket.     |
| ✓  | <b>Paddle</b>                                      |  | 1 x per competitor            | <b>The paddle must be demountable (minimum two pieces)</b>  |







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|   |  |   |  |  |
|---|--|---|--|--|
|    | <b>Helmet</b>  |    | 1 x per competitor                       | <b>River helmet is mandatory for any white water rivers.</b> CE or UIAA certified river helmet.  |
|    | <b>Wetsuit</b>   |   | 1 x per competitor                       | Wetsuit long John + wetsuit top (1 mm mini) long sleeves or 1 wetsuit long sleeves. Swimrun wetsuit are allowed only with long sleeves and long legs. Neoprene separated arm sleeves and/or leg sleeves are allowed.   |
|    | <b>Packraft</b>  |    | Sufficient to transport all team members | Teams must bring pack rafts sufficient to transport all team members. You will be paddling in flat water and white water class I to IV. Good quality are highly recommended (one- or two-person packrafts). 2.73m minimum length for two person (3.0m<recommended>3.5m. Single or double packrafts allowed                                   |
|    | <b>Kayak/ Canoe</b>                                    |    | 2 x per team                             | <b>Supplied by race organizers</b> (unless notified otherwise). Type : Seat and top kayak  |
|    | <b>Throw Bag Rope</b>                                  |    | 1 x per boat                             | Rescue device with length of rope stuffed loosely into a bag so it can pay out through the top when thrown to a person. Minimum rope length 10m/ 30ft. Also useful for towing other kayaks in emergency.   |
|    | <b>Illumination</b><br>(Glow Stick/<br>Chemical light) |    | 1 x per competitor<br>1 x per boat       | One glow stick (100mm) attached to PFD in a highly visible position at all times (i.e. shoulder position). One glow stick attached to kayak (bring cable tie). Glow sticks must be glowing when dark. <b>Multiple sticks are required, bring spares. 12 sticks minimum.</b>  |
|  | <b>Strobe Light</b>                                    |  | 1 x per boat                             | Must be flashing white light 360 degree visibility, waterproof to 1m or greater, rated for visibility beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. Can be used in an emergency situation (on both land and sea) to alert others to your location. Headlamps or cycle lamps that flash are not acceptable. |
|  | <b>Repair Kit</b>                                      |   | 1 x team                                 | Glue and 2 repair strips (patches) 50cm length and wide of 6cm   |
|  | <b>Paddle Bag</b>                                      |  | 1 x per team                             | One ARWS paddle bag per team. The paddle bag must be buy to the organization (look booking form). Marked with the team's number.   |

|  | <b>ALL TIMES - ROPE DISCIPLINE – ARWC 2021 Raid in France</b> |   |                    |   |
|---|---|---|--------------------|---|
|   | Name  | Image   | Quantity           | Description   |
|  | <b>Mountaineering Helmet</b>                                  |  | 1 x per competitor | CE or UIAA certified mountaineering or caving helmet.   |
|  | <b>Mountaineering Harness</b>                                 |  | 1 x per competitor | CE or UIAA certified mountaineering or caving harness.  |
|  | <b>Lanyard</b>  |   | 1 x per competitor | Double lanyard in dynamic rope (diameter 9 mm minimum) or manufactured tape lanyard (tape lanyard homemade not allowed) |

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|   |                                |   |                    |  |
|---|--------------------------------|---|--------------------|--|
| ✓ | <b>Via Ferrata Lanyard</b>     |   | 1 x per competitor | Manufactured Via Ferrata double lanyard with choc absorber                             |
| ✓ | <b>Rappel Device</b>           |  | 1 x per competitor | Tube or Figure 8 belay/rappel device only  |
| ✓ | <b>Auto locking Carabiner</b>  |  | 2 x per competitor | CE or UIAA certified   |
| ✓ | <b>Screw locking Carabiner</b> |  | 2 x per competitor | CE or UIAA certified   |
| ✓ | <b>Prusik loop</b>             |  | 1 x per competitor | Prusik loop (rope 7mm minimum and 150cm length)  |
| ✓ | <b>Full fingered gloves</b>    |   | 1 x per competitor | Leather or Kevlar full fingered gloves. Possibly to be the same used in All-time list. |
| ✓ | <b>Handled ascender</b>        |   | 1 x per competitor | Tibloc or other not allowed)   |

|  <b>ALL TIMES – HIGH MOUNTAIN DISCIPLINE – ARWC 2021 Raid in France</b> |                             |   |                    |   |
|--|-----------------------------|---|--------------------|---|
|  | <b>Name</b>                 | <b>Image</b>  | <b>Quantity</b>    | <b>Description</b>  |
| ✓  | <b>Full fingered gloves</b> |   | 1 x per competitor | Warm full fingered gloves. Additional with the rope gloves or All time list gloves.   |
| ✓  | <b>Beanie</b>               |  | 1 x per competitor | Beanie must be close fitting and of synthetic or wool fabric. Moisture wicking/ quick drying, and worn over your hair. Beanie may either be carried or worn. Additional with the all time list            |
| ✓  | <b>Baselayer Top</b>        |  | 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. Additional with the all time list |
| ✓  | <b>Rope</b>                 |   | 1x per team        | Length 30m of dynamic rope CE 8mm minimum. Rope for tying on glacier.   |
| ✓  | <b>Ice axe</b>              |  | 2x per team        | Aluminium Ice axe allowed, 50cm minimum length.   |
| ✓  | <b>High Mountain Shoes</b>  |  | 1 x per competitor | The sole of the shoes must be able to accept semi automatic crampons (manufacturer certified).  |
| ✓  | <b>Crampons</b>             |  | 1 x per competitor | The crampons must have 10 points minimum and 2 on the front. Aluminium crampons and/or straps crampons allowed  |
| ✓  | <b>A stove + container</b>  |   | 1 x per team       | <b>A stove and its fuel that can heat at least 1 liter of liquid.<br/>A 1 liter container suitable for the stove</b>  |

## **PROHIBITED ITEMS/EQUIPMENT**

### **All Times - All disciplines - All ARWS Races**

1. GPS devices. Includes devices that show your position, display maps, distance travelled, etc. (excludes GPS trackers provided by the organisers).
2. No GPS devices of any type are allowed for navigational purposes. Smart phones with GPS capabilities may be carried in a supplied sealed bag
3. Distance measuring devices such as foot pod accelerometers and pedometers. (cycle computers exempt)
4. Radios, other communications, or internet access devices, etc. (excluding the compulsory emergency phone sealed prior to the race).
5. Weapons / Firearms
6. Night/nocturnal vision devices

#### **Exemptions**

If a competitor wishes to carry such a device (e.g., for post-race performance analysis) as outlined in points 1 and 2, he or she must register it, including any separate display devices (e.g., watches) at HQ and have them sealed in a tamper-proof bag prior to the start. Officials will check the bag is intact at the finish line.

#### **QUESTIONS CLARIFIED:**

*Q. Am I required to carry an additional baselayer top or bottom if I am wearing them during the race? NO.*

*Q. Does a cycle top and arm warmers (or cycle tights and leg warmers) meet the requirement for baselayer top and baselayer bottom? YES*

*Q. Can a team mate carry my backpack? YES however each competitor must always wear their race bib and carry a whistle.*

## ARWS 2021 – RAID IN FRANCE EMERGENCY FIRST AID KIT

|                              |  |   |
|------------------------------|--|---|
| <b>DIARRHOEA</b>             | LOPERAMIDE 2p first and 1 after each diarrhoea.<br>Max 8/day                               | Medication to provide symptomatic relief for diarrhoea to help reduce excessive fluid losses. Note antidiarrheals do not eliminate the cause of diarrhoea. Further medical attention may be required. |
| <b>ALLERGY</b>               | CETIRIZINE or HYDROXYZINE<br>DICHLORHYDRATE<br>1 per day 2 to 4 per day. Risk of sleepness | Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction. Further medical attention may be required.  |
| <b>FEVER OR PAIN</b>         | Paracetamol 1000mg,4 per day   | Anti-fever, pain-killer and headache  |
| <b>STRAPPING TAPE</b>        | 1 roll   |   |
| <b>PRESSURE BANDAGE</b>      | 2 meters x 7.5cm   | Total length of bandage is minimum 2 meters unstretch. Multiple bandages are permitted. Used to create localised pressure to site of injury.  |
| <b>WOUND DRESSING STERIL</b> | 4 BLISTERS   | Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage.  |
| <b>SECOND SKIN</b>           | 1 box  | Band aid advanced and healing blister. Like Spenco second skin.   |
| <b>OPHTALMIA</b>             | Sodium Chlorure 0.9%   | Eye wash  |
| <b>SURVIVAL BLANKET</b>      | 1  |   |
| <b>CISORS</b>                | 1  |   |
| <b>TWEEZERS</b>              | 1  |   |
| <b>SUN LOTION</b>            | 250 ML   | Protection against the sun (50+)  |



## RECOMMENDED ITEMS FIRST AID KIT ADDITIONAL FOR TEAMS ARWS 2021 – RAID IN FRANCE

**Recommended Items** - Additional first aid items that are highly recommended include (not in contravention of anti-doping rules) analgesics, anti-inflammatory, electrolyte replacement, disinfectant and antiseptic solutions/creams, blister treatment, CPR face

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