



## ADVENTURE RACING WORLD SERIES MANDATORY EQUIPMENT LIST

### AREC 2023 – RIF Spirit

Version dated september 12 2023

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 European 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.








			<b>ALL TIMES - ALL DISCIPLINES AREC 2023 – RIF Spirit</b>	
Yes/No	Name	Image	Quantity	Description
✓	<b>Official Race Bib</b> (Vest/ Jersey/ Bib)		1 x per competitor (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 (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> (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> (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> (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> (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> (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> (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 fingered 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>		1 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>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>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) <b>maximum total weight 25 kg</b> 85l (75cmx45cmx39cm) <b>maximum total weight 20 kg</b> <b>Provided by the organizers.</b>
	<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








	ALL TIMES - MOUNTAIN BIKE DISCIPLINE – AREC 2023 – RIF Spirit			
	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>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.

	ALL TIMES - KAYAK DISCIPLINE – AREC 2023 – RIF Spirit			
	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	Can be supplied by the organization
✓	<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>Flotation system</b>		1 x per competitor	System allowing each runner to ensure a minimum buoyancy of 50N (such as life jackets, buoys, mattresses, etc.). Can be inflatable or rigid.

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✓	<b>Illumination</b> (Glow Stick/ Chemical light)		2 x per competitor 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>Paddle Bag</b>		1 x per team	One ARWS, RIF or personal paddle bag per team. If personal bag, provide a system for strap the paddles together. All marked with the team's number. RIF bag dimensions : 2m (L) x 0.44m (diam). <b>Maximum total weight 25kg with paddles fixed with the bag</b>
✓	<b>Strong power lamp</b>		2x per team	Lamp allowing navigation at night. It may be the same as for another activity (mountain bike headlamp). It may be lamps other than headlamps.

 <b>ALL TIMES - ROPE DISCIPLINE – AREC 2023 – RIF Spirit</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)
✓	<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	<b>Prusik loop (rope 5.5mm minimum and 60cm diameter of the loop, the length the rope will be 160 to 180cm to do the node)</b>
✓	<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.

## 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.

## AREC 2023 – RIF SPIRIT

### EMERGENCY FIRST AID KIT

<b>DIARRHOEA</b>	LOPERAMIDE 2p first and 1 after each diarrhoea. 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 DICHLORHYDRATE 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+)
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## RECOMMENDED ITEMS FIRST AID KIT ADDITIONAL FOR TEAMS AREC 2023 – RIF SPIRIT

**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/ Assistance
Anti-fever, Pain killer, Headache	Acetyl salisilic acid 500 or 1000 mg Or Paracetamol : 500 or 1000mg	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 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	2 boxes
abdominal pain	Phloroglucinol (orodispersible)	2p x 4/day each 6 hours	2 boxes
diarrhoea	Loperamide	2p first and 1 after each diarrhoea Max 8:Days	1 box
Diarrhoea/abdominal pain	Diosmectite (smecta)	3 sachets/day	1box
Nausea-vomoting	Metoclopropamide Or Metopimazine (orodispersible)	1p x 3/day 2 to 4p/day	1 box
Allergy	Cetirizine Or Hydroxyzine (DCI) dichlorhydrate 25 mg	1p/day 2 to 4 p/day Risk of spleepiness	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	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	2 boxes
Antiseptic	Iodo Povidone solution 10%(unidose) Or Hexamidine		10 doses + 125 ml 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 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