



Adventure Race World Championship Costa Rica 2013

CRC Adventure Race S.A.D.



AR WORLD CHAMPIONSHIP

MANDATORY EQUIPMENT LIST (PRELIMINARY)

Version 1.1 dated 22 Sept 2013.

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 organizers 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.

MANDATORY AND INFERRED ITEMS

The following items, categories of equipment or related items, are mandatory by organizers, 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 point, including emergency quantities.
- ▶ 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).
- ▶ 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, permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification, sun protection.
- ▶ Money/ Credit card, personal identification card/ Passport, immigration or visa certificates.
- ▶ Cycle repair kit (including pump, tubes, tools and spare parts).
- ▶ 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.























ALL TIMES - ALL DISCIPLINES				
Yes/No	Name	Image	Quantity	Description
✓	Official Race Bib (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. Race bibs are provided by the race organizers.
✓	Whistle		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.
✓	Light Source (Headlamp)		1 x per competitor (no share)	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.
✓	Shell Layer Top (Jacket)		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have hood, seams tape sealed and be suitable for potentially extreme conditions in an adventure race.
✓	Survival Blanket (Space Blanket)		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).
✓	Magnetic Compass		2 x per team	Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race (e.g. zone 1,2,3,4,5 or Multi zone compass). Watch compasses do not meet these requirements.
✓	Cell Phone		1 x per team	Cell phone with fully charged battery, turned off and in 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.
✓	Fire Starting Device		1 x per team	Waterproof matches, gas cigarette lighter, flint and steel are all acceptable fire starting devices.
✓	Knife		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.

✓	Course Information and Maps		1 x per team	Course maps, course notes and passport/ control card, provided by organizers, appropriate for section of the race teams are completing. Adequate waterproofing e.g. laminated or waterproof paper, clear adhesive (Contact) or waterproof map bag.
✓	First Aid Kit		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
✓	GPS Tracker/ Emergency Communications		1 x per team	Specific device provided by race organizers. Must be carried and used in accordance with direction of race organizers.
✓	Plastic gear containers		4 x team	Boxes must be sturdy enough to be stacked lockable. Capacity 24-27 gal max. Weight limits 35 kg per box. Boxes must have team name, number and discipline (see details on newsletter #5) as follows: # 1 – KAYAK # 2 – TREKK # 3 – MTB # 4 – STOP

		ALL TIMES - HIGH MOUNTAIN TREKKING		
Yes/No	Name	Image	Quantity	Description
✓	Baselayer Top		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.
✓	Baselayer Legs (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.
✓	Baselayer Head (Beanie or cap)		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.
✓	Mid Layer Top (Fleece)		1 x per competitor	The mid layer top is used between the baselayer and shell layer to provide additional insulation in cold environments. Long sleeve top of synthetic or wool fabric. Mid weight (greater than baselayer), moisture wicking/ quick drying. Top may either be carried or worn. When tested on scales the total weight of the top must be 200 grams or greater.

	Shell Layer Bottom (Pants)		1 x per competitor	The shell/ outer layer pants must be waterproof and windproof as specified by the manufacturer. Pants must be suitable for potentially extreme conditions in an adventure race.
	Emergency Shelter (Tent)		1 x per team	A must have sewn in floor and minimum floor area of 2.5m ² or 27ft ² . 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.
	Sleeping Bag		2 x per team	Must be proper full length sleeping bag (not bivy bag), covering the head, and made of insulating material (synthetic or waterproof down recommended). When tested on scales the total weight of the bag must be 400 grams or greater.

 ALL TIMES - MOUNTAIN BIKE DISCIPLINE				
Yes/No	Name	Image	Quantity	Description
	Mountain Bike		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent)
	Front Light		1 x per competitor	Front facing white light. May be head or handlebar mounted.
	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team.
	Bike repair kit		1 x per team	Pump, minimum 4 tubes, tools, spare parts, oil, chain tool
	Bike box.		1 x competitor	Must be waterproof. Will be used as gear box. Length 140 cm (55 in) maximum Width 30 cm (12 in) maximum Height 80 cm (32 in) maximum

ALL TIMES - KAYAK DISCIPLINE				
Yes/No	Name	Image	Quantity	Description
✓	Personal Flotation Device (PFD/ Lifejacket)		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. Organisers may have specific tests in place to ensure buoyancy meets required standards and laws.
✓	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	Paddle		1 x per competitor	
✓	Kayak/ Canoe		2 x team	Supplied by race organizers (unless notified otherwise).
✓	Throw Bag Rope		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.
✓	Illumination (Glow Stick/ Chemical light)		3 x per competitor 3 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. Multiple sticks may be required, bring spares.
✓	Strobe Light		2 x per team	Must be white light, high intensity (e.g. Xenon strobe lamp), 360 degree visibility, waterproof to 10m or greater, visible beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. It 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.
✓	Pump		1 x per team	Must fit Halkey Roberts Valve 









	FIRST AID KIT - ALL TIMES - ALL DISCIPLINES			
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Dry Bag		1 x team	Dry bad for first aid minimum 2 liters capacity

THE BASIC FIRST AID KIT WILL BE SUPPLIED BY THE RACE ORGANIZATION, THANKS TO OUR SPONSOR CLINICA BIBLICA.

RECOMMENDED ITEMS - ADDITIONAL FIRST AID ITEMS THAT ARE HIGHLY RECOMMENDED INCLUDE ANALGESICS (PAIN RELIEVER E.G. PARACETAMOL), ANTI-INFLAMMATORY TABLETS (E.G. IBUPROFEN), ELECTROLYTE REPLACEMENT, ANTI DIARRHEIC, DISINFECTANT AND ANTISEPTIC SOLUTIONS/CREAMS, BLISTER TREATMENT, CPR FACE SHIELD, MEDICAL GLOVES.

RACE SPECIFIC ITEMS

(These items added by the specific Race Director)

Yes/No	Name	Image	Quantity	Description & Required Discipline
	Sports elastic band		1 x team	First Aid
	Sunblock		2 x team	Minimum 50 UVB + UVA protection, Very water-resistant First Aid.
	Large garbage bags		1 x competitor	Minimum 2 mts x 2 mts
	Passport copy		1 x competitor	One must be waterproof. Mandatory gear.
	Safety vest		1 x competitor	Reflective. MTB section
	Illumination (Glow Stick/ Chemical light)		8 x team	For trekking section.

✓	Climbing harness		1 x competitor	UIAA approved.
✓	Tubular webbing		2 x competitor	Must be stitched. 37 cm each
✓	Carabiners		2 x competitor	Locking carabiners.
✓	Climbing gloves		1 x competitor	Leather

	PROHIBITED ITEMS/ EQUIPMENT

- ▶ GPS devices. Includes devices that show your position, display maps, distance travelled etc (excludes GPS trackers provided by the organizers).
- ▶ Distance measuring devices such as foot pod accelerometers and pedometers. (cycle computers exempt)
- ▶ Mobile phones, radios, other communications or internet access devices etc (excluding the compulsory emergency phone sealed prior to the race).
- ▶ Maps other than those provided by the organizers (Specifically from race start to crossing the finish line)
- ▶ Firearms, night/ nocturnal vision devices.

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