



EQUIPMENT for adventure races

Mandatory personal equipment:

Bike (MTB)
Bike helmet – is required during the whole race
Rear light for bike
Headlamp

Mandatory team equipment:

Race maps, instructions, CP checking card (provided by the organizer)
Mini first aid
Compass
Whistle
Cell phone
Space blanket

Kayak with paddles and vests (provided by organizer).

Recommended equipment:

Dry bag
Map protective foil

Mandatory equipment for trekking (single) race:

Race maps, instructions, CP checking card (provided by the organizer)
Mini first aid
Compass
Cell phone
Whistle
Space blanket

Recommended equipment:

Map protective foil