



## Mandatory equipment GRAAL 2022

	<b>Backpack</b>		1/person	The backpack should contain all the mandatory equipment, food, drink bottles and bin bag
	<b>Drybag</b>		1/person	To keep your phone, passport and insurance certificate safely during the race
	<b>Racebib</b>		1/person	The official race bib must be worn by each competitor at all times as the outermost garment. Vest/packs covering the front of the bib are not permitted. Race bibs are provided by race organisers.
	<b>Whistle</b>		1/person	Must be always easily accessible to alert if required. Whistles on bagstraps are sufficient.
	<b>Head torch</b>		1/person	Light source (such as headlamp), waterproof with the required batteries is needed for one section of the race.
	<b>Waterproof jacket</b>		1/person	Waterproof, windproof and breathable jacket highly recommended in rainy and cold conditions
	<b>Waterproof pant</b>		1/person	Waterproof pants are not mandatory but recommended in rainy conditions
	<b>Baselayer</b>		1/person	A baselayer is recommended in rainy and cold conditions
	<b>Beanie</b>		1/person	Beanies or neckwarmers could be useful in cold conditions

✓	<b>Magnetic Compass</b>		1/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>Road Maps</b>		1/team	Course maps, course notes are provided by organisers, at departure and during the race. They must be kept safely all day long
✓	<b>Survival blanket</b>		1/person	Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility.
✓	<b>First aid kit</b>		1/team	Tape, straps, disinfectant, ...
✗	<b>Knife</b>		1/team	Swiss knife is always useful but not mandatory
✓	<b>Phone</b>		1/team	Charged phone in a waterproof bag to be used only in case of emergency
✓	<b>Camera</b>		1/team	The phone camera works. To be used in case a checkpoint is missing to attest you passed by
✓	<b>Mountain bike</b>		1/person	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
✓	<b>Helmet</b>		1/person	Cycle helmet with an approved safety standard certification. Must be worn at all times during the race (not just while cycling)
✓	<b>Life jacket</b>		1/person	<b>Provided by the organisation</b>
✓	<b>Paddle</b>		1/person	<b>Provided by the organisation</b>
✓	<b>Kayak</b>		1/team	<b>Provided by the organisation</b>