



## **ADVENTURE RACING WORLD SERIES MANDATORY EQUIPMENT LIST ARES 2022 – GRAAL**

Version 1.5 dated 26 August 2022.

The AR World Series members using this list have collectively agreed on standard mandatory equipment, 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 rationale 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.










### **GEAR BOXES/BAGS**

- ▶ Bike Box - Max dimensions 140cm x 80cm x 30cm. Fluted plastic or cardboard. No sharp edges or protruding buckles, fixings or wheels. Unless otherwise specified by event organiser, max weight 30kg.
- ▶ Paddle Bag - Unless otherwise specified by event organiser, dimensions are tubular bag 50cm diameter x 150cm long and max weight 30kg.
- ▶ Gear Trunk - Unless otherwise specified by event organiser, volume up to 110 litre and max weight 25kg.









**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.


			<b>ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES</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 except when a PFD is being worn. Vest/packs that cover the front of the bib are not permitted. Race bibs are provided by the race organisers. An alternate identification may be provided by the race organisers for use with the PFD in which case it must be worn or attached by each competitor as specified.
✓	<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.
✓	<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 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 base layer and shell layer to provide additional insulation in cooler conditions. Long sleeve top of synthetic or wool fabric. Mid weight (greater than base layer), 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 or short sleeve with arm warmers. Close fitting 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 or short leg with leg warmers. 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.

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✓	<b>Baselayer Head (Beanie)</b>		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>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>Course Information and Maps</b>		1 x per team	Course maps, course notes and passport/ control card, <b>provided by organisers</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 recommended.
✓	<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 paddling.
✓	<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 organisers 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	Specific device provided by race organisers. Must be carried and used in accordance with direction of race organisers. <b>Provided by race organisers.</b>
✓	<b>Digital Camera</b>		1 x per team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. Accessible location/ GPS information not permitted. Used to photograph in case of missing checkpoint.
✓	<b>Helmet</b>		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent). <b>Must be worn at all times during the race!</b>
✓	<b>Backpack</b>		1x per competitor	30 l recommended
✓	<b>Dry bag</b>		1x per competitor	For backpack (bin bag allowed).







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	<b>Personal papers</b>		1x per competitor	Waterproof copy of passport/ID-card and health and repatriation insurance certificate.
	<b>Waste bag</b>			Bin bag for toilet paper and other waste.
	<b>Cup</b>		1x per competitor	For drinks at aid stations (no plastic/paper cups will be provided).

	<b>ALL TIMES - MOUNTAIN BIKE DISCIPLINE - ALL ARWS RACES</b>			
	Name	Image	Quantity	Description
	<b>Mountain Bike</b>		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
	<b>Front Light</b>		1 x per competitor	Front facing white light. <b>Must be mounted on the bicycle.</b> Must be on between sunset and sunrise and in reduced visibility.
	<b>Rear Light</b>		1 x per competitor	Rear facing red light. <b>Must be mounted on the bicycle.</b> Must be on between sunset and sunrise and in reduced visibility. Recommended spare rear light is carried amongst team.

Caution: Mountain bike pulling system must be releasable at all time and not used during downhills.

	<b>ALL TIMES - PADDLING DISCIPLINE - ALL ARWS RACES</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 paddling. <b>Provided by race organisers.</b>
	<b>Whistle</b>		1 x per competitor	Must be attached to the PFD/ Lifejacket.
	<b>Paddle</b>		1 x per competitor	<b>Provided by race organisers.</b>
	<b>Boat</b>		as per race organiser	<b>Supplied by race organisers.</b>

	<b>ALL TIMES – ROPE ACTIVITIES – ARES 2022 – GRAAL</b>			
	<b>Name</b>	<b>Image</b>	<b>Quantity</b>	<b>Description</b>
✓	<b>Climbing Harness</b>		1 x per competitor	CE or UIAA certified mountaineering harness.
✓	<b>Lanyard</b>		1x per competitor	Double lanyard in dynamic rope (9 mm diameter minimum) or manufactured tape (schling/sangle) lanyard (homemade tape lanyard not allowed).
✓	<b>Rappel device</b>		1x per competitor	Tube or Figure 8 belay/rappel device only.
✓	<b>Locking carabiner</b>		4x per competitor	CE or UIAA certified, recommended to have at least 1 automatic locking carabiner and 3 screw locking carabiners.
✓	<b>Prusik loop</b>		1x per competitor	minimum 7 mm diameter and 150 cm length.
✓	<b>Full fingered gloves</b>		1x per competitor	Leather or Kevlar full fingered, well-fitting gloves.
















## 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.

	<b>FIRST AID KIT - ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES</b>			
	<b>Name</b>	<b>Image</b>	<b>Quantity</b>	<b>Description</b>
	<b>Pressure Bandage</b> (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 metres and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.
	<b>Triangular Bandage</b>		1 x	This bandage in shape of right angle triangle can be used to make a sling, as normal bandage and other applications.
	<b>Wound Dressing</b> (Sterile)		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended.
	<b>Strapping Tape</b> (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
	<b>Antihistamine</b> (strong)		4 x adult doses minimum	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction. Further medical attention may be required.
	<b>Anti-diarrhoeal Medication</b>		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhoea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhoea. Further medical attention may be required.
	<b>Medical Gloves</b>		1 x	To protect the wearer and/or the patient from the spread of infection or illness. Use medical gloves when your hands may touch someone else's body fluids (such as blood, respiratory secretions, vomit, urine or feces)

**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 shield.

### QUESTIONS CLARIFIED:

- Q. Am I required to carry an additional base layer 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 base layer top and base layer bottom? **YES**
- Q. Can a team mate carry my backpack? **YES** however each competitor must always wear their race bib and carry a whistle.
- Q. Can I use a device to measure distance on a race map? **Yes.**
- Q. Can I use a powered device to inflate my raft? **Yes.**