



ADVENTURE RACING WORLD SERIES MANDATORY EQUIPMENT LIST - ENDURANCE QUEST LOHJA

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ARWS events require that mandatory equipment be carried, for safety or competition purposes. This list provides a definition of common required items for ARWS adventure races or sections of those races. Each event will specify which of these items of equipment will be required for the event. Additional items may be added by race organizers where they are specific to their location, conditions or laws of the host country. Competitors will want to carry additional items of their own choice.

PERSONAL RESPONSIBILITY AND ASSUMPTIONS - You and your team together are responsible 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 understand 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).
- Paddles for kayak, canoe or packraft
- 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.
- Pens and instruments for marking maps,
- Zip ties.
- Trash bag

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.

PROHIBITED ITEMS - Prohibited items are outlined in the ARWS Rules of Competition.

rules on items containing GPS, communications/ internet capabilities and items that could potentially assist with navigation.

			ALL TIMES - ALL DISCIPLINES – ALL ARWS RACES	
Yes/No	Name	Image	Quantity	Description Organiser to provide.
✓	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 except when a PFD is being worn. Race bibs are provided by the race organisers.
✓	Passport. Maps. Course Information.		2 x per team	Course maps, course notes and passport/ control card. Teams must carry appropriate for the section of the race on which they are travelling. Maps are not waterproof.
✓	GPS Tracker		1 x per team	Specific device provided by race organisers. Must be carried and used in accordance with direction of race organisers. Tracker can either be placed in the top compartment of the backpack with the GPS logo facing upwards or on top of the shoulder band on the backpack. During the kayak leg, GPS has to be on top of the kayak not inside of the kayak.
✓	Cell Phone		1 x per team	Cell phone with fully charged battery. For emergency use only. Must be sealed to envelope, envelope provided by organizers.
✓	Digital Camera		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. Accessible location/GPS information is not permitted.
✓	Magnetic Compass		2 x per team	Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race.
✓	Fire Starting Device		1 x per team	Waterproof matches, gas 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.

AR World Series Mandatory Equipment List

✓	First Aid Kit		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
✓	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	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 a hood, seams tape sealed and suitable for potentially extreme conditions in an adventure race.
✓	Base layer Top		1 x per competitor	Long sleeve or short sleeve with arm warmers, Close fitting, synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin.
✓	Base Layer Legs. (Leggings/Tights)		1 x per competitor	Long leg or short leg with leg warmers. Close fitting , synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin.
✓	Base layer Head (Beanie or buff)		1 x per competitor	Beanie (or buff)
✓	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.
✓	Full fingered gloves		1 x per competitor	It should be gloves with fully covered fingers. Cycling gloves that cover the entire fingers are allowed as well.

 ALL TIMES – MOUNTAIN BIKE DISCIPLINE – ALL ARWS RACES				
Must be taken on all bike sections. May be cached and retrieved.				
Yes/No	Name	Image	Quantity	Description
✓	Mountain Bike		1 x per competitor	Mountain bike. Must have approximately straight handlebars. (Not drop bars) and at least ONE of these two features... <ul style="list-style-type: none"> • Mechanical suspension (not just a flexible frame). • Tire size of 44mm (1.75inch) or greater
✓	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g., CE, UIAA)
✓	Front Light		1 x per competitor	Front facing white light. May be head or handlebar mounted. Must be on between sunset and sunrise and in reduced visibility. MUST BE ON BETWEEN 22:00 - 04:30
✓	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Must be clearly visible from behind, MUST BE ON BETWEEN 22:00 - 04:30

 ALL TIMES - PADDLING DISCIPLINE – ALL ARWS RACES				
Must be taken on all paddle sections. May be cached and retrieved.				
Yes/No	Name	Image	Quantity	Description Supplied by race organisers
✓	Duo Kayak		2x per team	Duo kayaks : https://welhonpesa.fi/tuote/226/star-duo
✓	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor	Correctly sized for the competitor. Worn at all times while paddling. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy. Teams can bring own or borrow from organizers
✓	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	Illumination (Glow Stick/ Chemical light)		1 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 boat (bring cable tie). Glow sticks must be glowing when dark. MUST use between 22:00 - 04:30
✓	Paddle		1 x per competitor	Teams can bring own kayak paddles or borrow from the organizers.

 FIRST AID KIT - ALL TIMES – ALL ARWS RACES				
First Aid kit should be complete when leaving the start or any TA with gear boxes. Items may be used during the section.				
Yes/No	Name	Image	Quantity	Description
✓	Pressure Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 meters and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.
✓	Triangular Bandage		1 x	This bandage in shape of right-angle triangle can be used to make a sling, as normal bandage and other applications.
✓	Wound Dressing (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.
✓	Strapping Tape (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
✓	Antihistamine (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.
✓	Anti-diarrheal Medication		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhea. Further medical attention may be required.
✓	Medical Gloves		1 x Pair	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: Two team members should have basic first aid knowledge. Recommended Items: Additional first aid items that are highly recommended include (not in contravention of anti-doping rules) analgesics, anti-inflammatory, electrolyte replacements, disinfectant solutions/creams, blister treatment, CPR face shield.

 Standard ARWS TA Boxes and Bags				
Competitors has to provide				
Yes/No	Name	Image	Quantity	Description & Required Discipline
✓	Bike Boxes		1 x per competitor	140 cm long, 30 cm wide, 80 cm high. Max weight 25kg. Fluted plastic or cardboard. Hand cutouts for lifting on or near each end.. No sharp edges or protruding buckles, fixings or wheels.
✓	Kayak bag		1 x per team	Max weight 25kg kayak bag. Paddles etc has to fit ISNIDE of the kayak bag.

QUESTIONS CLARIFIED:

Q. Can I leave my 'All Times – All disciplines' gear at any point? NO. Yo u must have the 'All Times' mandatory gear with you and your team at all times.

Q. Can I leave my bike or boat during a section?.YES, Bike mandatory gear can be left with the bike or carried with the team. Paddling mandatory gear can be left with the boat or carried with the team. (for inst ance to get a CP that is more convenient on foot). 'All Time-All Discipline' gear must be taken with you.

Q. Can a team mate carry my backpack? YES however each competitor mu st 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.

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 warme rs) meet the requirement for base layer top and base layer bottom? YES

Q. Can I use a headlamp (light mounted on a person's head) as a bicycle front light? YES.