



COMPULSORY GEAR LIST

COMPULSORY GEAR LIST PER TEAM

- ◇ 1 Altimeter.
- ◇ 1 Compass
- ◇ 1 Waterproof map holder.
- ◇ 1 Knife.
- ◇ 1 Whistler.
- ◇ 1 cellular phone.
- ◇ 1 First aid kit with:
 - 4 individual packets of sterile gauzes of 15 cm x 15 cm.
 - 1 roll of elastic bandage of 2 metre long for 5 cm wide.
 - 1 roll of non elastic bandage of 5 metre long for 10 cm wide.
 - 1 roll of adhesive tape of 2 metres long for 5 cm wide.
 - Antihistamine.
 - Antidiarrheal.
 - Anti-inflammatory.
 - A pair of disposable latex gloves.
- ◇ 5 envelopes of mineral salts.
- ◇ Solar screen.

COMPULSORY GEAR LIST PER COMPETITOR

- ◇ Backpack.
- ◇ Front lamp.
- ◇ Alu-like emergency blanket.
- ◇ Water (2 liters minimum).
- ◇ Food enough for 12 hours.
- ◇ Cap, buff-like gear or similar.
- ◇ Long pants.
- ◇ Gore-tex (or similar) Jacket.
- ◇ Polar wear.
- ◇ Sunglasses.
- ◇ Sleeping bag or Vivi sac.
- ◇ Spanish or Portuguese Adventure Raid License or payment of the weekly licence (20-30 euros).
- ◇ CRAMPONS AND PIOLET? TO CONFIRM ON MAY 1st.

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AR WORLD SERIES

BIMBACHE



EXTREM

ESPAÑA 16-23 Mayo 2009

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MOUNTAIN BIKE (PER COMPETITOR)

- ◇ Officially approved mountain bike helmet.
- ◇ Rear led lamp.
- ◇ Front lamp.
- ◇ Mountain bike.
- ◇ Repair kit.

IN-LINE SKATING (PER COMPETITOR)

- ◇ In-line skates.
- ◇ Officially approved helmet (MTB all right).
- ◇ Ski poles (recommended).

CANYONING, CAVES, RAPPEL AND TYROLEAN TRAVERSE (PER COMPETITOR)

- ◇ UIAA approved harness.
- ◇ UIAA approved climbing helmet (MTB helmet NOT allowed).
- ◇ 2 Slings or Daisy Chains. Not knotted tape.
- ◇ Descending system: Figure eight, Petzl Stop, ATC, grigri.
- ◇ Self-insurance in rappel: Prussik or Shunt type.
- ◇ 4 Locking carabiners.
- ◇ 1 Full length (legs and arms) wet suit of at least 5 mm thickness.
- ◇ Leather gloves (must completely cover fingers).
- ◇ 1 Carbide lamp or aquatic headlamp of high visibility.

KAYAK

- ◇ 1 Kayak paddle per competitor.
- ◇ 1 dry bag or waterproof container (2 per team. Garbage bag are not acceptable).
- ◇ 2 aquatic lifeline (20 metres minimum).
- ◇ 1 life jacket per competitor.
- ◇ 8 glow sticks per team (chemical lights).

RAFTING (PER COMPETITOR)

- ◇ 1 Full length (legs) wet suit of at least 3 mm thickness.
- ◇ 1 Life jacket.
- ◇ Helmet (MTB Helmut is OK).
- ◇ 1 Aquatic lifeline per team.

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