



## **COMPULSORY EQUIPMENT**

- Backpack or equivalent(best suited to each participant)
- Sleeping bag
- Survival blanket
- Torch plus light-bulbs and spare batteries
- 10 safety pins
- Compass
- Knife
- Lighter
- Antiseptic lotion
- Whistle
- Signalling mirror
- Obligatory calories of 4 000 for the race
- Salt tablets
- 2 luminous signal sticks for the night
- Hat or similar
- Sun-glasses

The Organization will give each competitor an emergency flare, a road book and a map showing the route, with an obligation on the part of each competitor to return the flare at the end of the race.