

## **MANDATORY EQUIPMENT K42**

### Clothing:

- closed trailshoes with a grippy sole**
- waterproof jacket**
- longsleeve or shirt and arm sleeves**
- long trousers or leg sleeves**
- warm gloves and hat**

### Equipment:

- cup for drinks and food during the race**
- water container with volume of 1,5 liters**
- mobile phone + saved emergency number**
- route map – printed or stored on the navigation watch**
- first aid kit** - 1x compress 10x10cm, 2x bandages, 1 pair disposable gloves, 4x plasters  
1x triangular bandage, blister plasters, whistle, survival blanket

