

MANDATORY EQUIPMENT STUBAI EXPRESS



POWERED BY 

Clothing:

- **closed trailshoes with a grippy sole**
no running sandals or street running shoes
- **waterproof jacket**
the jacket must have taped seams & a hood and a water column of at least 10,000mm
- **longsleeve or shirt and arm sleeves**
Long-sleeved replacement for the starting outfit (if arm warmers, then also an extra T-shirt)
- **long trousers or leg sleeves**
Compression socks / calf compressions do not cover the knee -> not permitted as a replacement
- **gloves and hat**
The cap must cover head and ears, a tube scarf is possible as a substitute

Equipment:

- **cup for drinks and food during the race**
for example: for soup, coffee, rice, etc.
- **water container with a volume of 1 liter**
for example: 2 soft flasks with 500ml or hydration bladder with 1L
- **First Aid Kit**
(10×10 compress, 2x bandage packs, 1 pair of sterile protective gloves, triangular scarf, 4x plasters, whistle, rescue blanket)
- **mobile phone + saved emergency number**
0049 151 550 101 48
- **route map – printed or stored on the navigation watch**
for emergencies (the route is marked)
- **Food packaging labeled with personal start number**
to avoid pollution of the environment