



# MANDATORY EQUIPMENT

SUD RAID ADVENTURE RACE 2021

[PROVISIONAL]\_V-ENG-1.3\_04/06/2021

MANDATORY EQUIPMENT	Drawing	Quantity (PER TEAM)	Description
<b>TOUTES LES SECTIONS</b>			
RACE CHASUBLE		X4	<i>Provided by the organization, the running bib must be worn at all times during the race as the outermost layer of clothing without ever being hidden by any other clothing.</i>
COMPASS		X2	<i>Watch compasses are not allowed.</i>
BLANKET		X4	<i>Sheet or bag of material coated with a metallic reflective agent. Used in an emergency to reflect heat. Can be used to counter hypothermia, but also to provide shade or help visibility.</i>
REFLECTIVE GILLET		X4	<i>CE standards (Not provided by the organization)</i>
GPS TRACKER		X1	<i>Specific device provided by the race organizers. Must be transported and used in accordance with the instructions of the race organizers.</i>
WHISTLE		X4	<i>Ballless and functional in wet conditions. It must be easily accessible at all times to trigger an alert if necessary.</i>
CELLPHONE		X1	<i>With the battery fully charged, turned off and sealed in an opaque waterproof bag for emergency use only. The organizers will seal the phones in security bags before the race</i>



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CAMERA		X1	<i>Camera or electronic recording device (eg video camera), waterproof, shockproof with charged battery. Used to photograph when there is a missing checkpoint.</i>
FIRST AID KIT		X1	<i>In a waterproof bag.</i>
FLAT HEATING CANDLES		X4	<i>In a waterproof bag.</i>
LIGHTER		X1	<i>Can only be used in an emergency to light tealight candles.</i>
KNIFE		X4	
LIGHT SOURCE		X4	<i>Light source (such as a headlamp), waterproof with the batteries needed for the entire race. Different light sources that can be used in different disciplines, eg. headlamp, bicycle lights, ...</i>
STROBE LIGHT		X1	<i>Must have a white, flashing light, visible at 360 degrees, be waterproof to 1m or more, designed for visibility beyond 1nm (1.9km) and with charged batteries. Normal flash speed 60 per minute. Must be used in an emergency situation to alert your location. Flashing headlights or bicycle lights are not acceptable.</i>
PERSONAL PAPERS		X4	<i>Watertight copy of your health and repatriation insurance certificate and an identity document (Identity card or passport for foreigners)</i>
PROTECTIVE JACKET		X4	<i>Laminated 2 layers minimum. It must be waterproof, windproof and breathable.</i>



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PROTECTIVE PANTS		X4	<i>Waterproof and windproof and must have sealed seams.</i>
FLEECE SWEATER		X4	<i>Long-sleeved top in synthetic fabric or wool with moisture wicking / quick drying</i>
HIGH UNDERLAYER		X4	<i>Lightweight, moisture-wicking / quick-drying, fitted long-sleeved synthetic or woolen fabric</i>
LOW UNDERLAYER (TIGHTS / LEGGINS)		X4	<i>Lightweight, moisture-wicking / quick-drying, fitted long-sleeved synthetic or woolen fabric</i>
CAP		X4	<i>Or Buff, moisture wicking / quick drying in synthetic fabric or wool</i>
LONG GLOVES		X4	<i>Can be the same as gloves for rope workshops.</i>
BOTHY BAG		X1	<i>4 places minimum</i>
<b>STORAGE BOX</b>			
BIKE CASE		X4	<i>Dimensions: 55 "x 32" x 12 " (140 cm x 80 cm x 30 cm). Corrugated plastic or laminated cardboard No wood or steel.</i>







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The other cases will be determined later.  
You can use crates or bags.

## Mountain biking

MOUNTAIN BIKING		X4	<i>Mountain bike adapted to the circumstances, in working order. Racing, cyclo-cross or gravel bikes prohibited. Propulsion is provided only by the legs (lower muscle chain) in a circular motion using a pedal unit without electric or other assistance.</i>
HELMET		X4	STANDARD 1078
FRONT LAMP		X4	<i>Securely attached to the bike or helmet, white in color and facing forward. Must be running as soon as visibility requires. The front lamp can also be a head lamp</i>
REAR LAMP		X4	<i>Securely attached to the bike, red in color and facing the rear. Must be running as soon as visibility requires.</i>

## CLIMBING

HELMET		X4	<i>Mountain or caving helmet certified EN 12492</i>
HARNESS		X4	<i>Certified climbing or caving harness</i>



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CLIMBING LANYARD		X4	<i>Double lanyard in dynamic rope (minimum diameter 9 mm) or double lanyard manufactured in webbing (artisanal webbing lanyard not authorized)</i>
LANYARD VIA FERRATA		X4	<i>Double, manufactured, Via Ferrata lanyard with shock absorber. Artisanal lanyard prohibited.</i>
CLIMBING REMINDER SYSTEM		X4	<i>Authorized descenders: tube or 8</i>
2 CARABINERS		X4	<i>2 Self-closing carabiners Certified per person</i>
2 SCREW CARABINERS		X4	<i>2 Screw locking carabiners Certified per person</i>
PRUSIK RING		X4	<i>rope 7mm minimum and 150cm long</i>
LONG GLOVES		X4	<i>Long gloves in leather or Kevlar. Can be in other disciplines.</i>
<b>POTHOLING</b>			
HELMET		X4	<i>Mountain or caving helmet certified EN 12492</i>



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LANYARD VIA FERRATA		X4	<i>Double, manufactured, Via Ferrata lanyard with shock absorber. Artisanal lanyard prohibited.</i>
CLIMBING LANYARD		X4	<i>Double lanyard in dynamic rope (minimum diameter 9 mm) or double lanyard manufactured in webbing (artisanal webbing lanyard not authorized)</i>
HEADLAMP		X8	<i>Two frontal per person including one emergency.</i>
SHOES		X4	<i>Trail shoe for example</i>
COMBINATION		X4	<i>In neoprene, full thin. Slippers recommended but not compulsory. Water at 8 ° C.</i>
<b>KAYAK</b>			
BI-SEAT KAYAK		X2	<i>Provided by the organization (unless otherwise specified)</i>
SAFETY JACKET		X4	<i>Provided by the organization (unless otherwise specified) Must be worn underneath the running bib.</i>



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HELMET		X4	
PADDLE		X4	<i>The use of personal paddles is permitted.</i>
RESCUE DEVICE		X2	<i>Rescue device with a length of rope stored in a bag so that the rope can unwind when thrown at a person. Minimum rope length 10m. Also useful for towing other kayaks in an emergency.</i>
LIGHT STICK		X12	<i>A light stick (100 mm) attached to the vest in a highly visible position at all times (over the shoulder position). A glow stick attached to the kayak (bring a cable tie). Glow sticks should be on when it is dark. Several sticks are required, 12 sticks minimum for the team.</i>
<b>SWIM-RUN</b>			
OPEN WATER SWIMMING BUOY		X4	<i>Jumpsuit, boy's sweater and plaque allowed</i>
<b>ROLLER</b>			
ROLLER		X4	<i>Roller skis and skis allowed, but nothing should be outside of the bag / crate at the previous and next transition area.</i>
HELMET		X4	STANDARD 1078