



# MANDATORY EQUIPMENT LIST

The AR World Series members using this list have collectively agreed on standard mandatory equipments, and definitions of this equipment, that individuals and teams must carry while participating in an AR World Series adventure race. They have also agreed on the rational and logic for the inclusion of items on this list. Additional items may be added by race organisers where they are specific to their location, conditions or laws of the host country.

**PERSONAL RESPONSIBILITY AND ASSUMPTIONS** - You and your team together are responsible entirely for carrying suitable and appropriate equipment, clothing and sustenance for the climate, conditions and activities in the event. This Mandatory Equipment List is NOT a list of the only items you should take. It contains the mandatory items that you and your team must carry with you, at specified times, to meet minimum safety requirements by law, prevent and/or treat SOME potential injuries, and short term survival purposes (for example a seriously injured team member, in a stationary position, overnight in bad weather). It assumes your team members will NOT separate during the race and that you may share between members the mandatory equipment that must be carried. You will certainly need additional equipment, clothing, food and drink for your participation in the event.

**RECOMMENDED AND INFERRED ITEMS** - The following items, categories of equipment or related items, are either strongly recommended by organisers, or assumed to be an inferred requirement as competitors must have an understanding of adventure racing, the activities they will be participating in, and general outdoor adventure knowledge and experience. › Backpacks and water carrying containers/ bladders/ bottles. › Foods and sustenance, sufficient until the next re-supply, including quantity for unexpected circumstances. › Personal race clothing and footwear suitable for extreme conditions (including accessories such as hats/ gloves, eye protection, watch/altimeter as required and clothing for water activities such as wetsuits). › Cycle repair kit (including pump, tubes, tools and spare parts). › Waterproofing/ dry bags to keep personal and team equipment as dry as necessary. › Water purification device or chemicals - to avoid illness from drinking contaminated water. › Personal medications (not in contravention of anti-doping rules) permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification tags, sun protection creams. › Money/ Credit card, personal identification card/ Passport, immigration or visa certificates. › Additional and back up Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.

**GEAR BOXES/BAGS** - Bike Box - Max dimensions 140cm x 80cm x 30cm. Fluted plastic or cardboard. No sharp edges or protruding buckles, fixings or wheels. Unless otherwise specified by event organiser, max weight 30kg. › Paddle Bag - Unless otherwise specified by event organiser, dimensions are tubular bag 50cm diameter x 150cm long and max weight 30kg. › Gear Trunk - Unless otherwise specified by event organiser, volume up to 110 litre and max weight 25kg.







**RULES** - As a competitor in the AR World Series event using this list, you and your team are required to carry the mandatory equipment items with you at the specified times. Checks of mandatory equipment may occur during the race and missing equipment may result in penalties or disqualification as per the race rules. If any items are used/ consumed/lost during a leg, they must be replaced at the next transition point. The mandatory equipment is divided into two categories, equipment you and your team must carry at ALL times, and equipment you and your team must carry during a specific DISCIPLINE.

**PROHIBITED ITEMS** - Prohibited items are outlined in the ARWS Rules of Competition <https://arworldseries.com/resources/> There are specific rules on items containing GPS, communications/ internet capabilities and items that could potentially assist with navigation.










# MANDATORY EQUIPMENT LIST








ALL TIMES - ALL DISCIPLINES

Name	Image	Quantity	Description
<b>Official Race Bib</b>		1 x per competitor	The official race bib must be worn by each competitor at all times as the outermost garment except when a PFD(Personal Flotation Device) is being worn. Vest/packs that cover the front of the bib are not permitted. Race bibs are provided by the race organisers. An alternate identification may be provided by the race organisers for use with the PFD in which case it must be worn or attached by each competitor as specified.
<b>Whistle</b>		1 x per competitor	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
<b>Light Source (Headlamp)</b>		1 x per competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g. headlamp, cycle lights.
<b>Shell Layer Top (Jacket)</b>		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have a hood, seams tape sealed and suitable for potentially extreme conditions in an adventure race.
<b>Shell Layer Bottom (Pants)</b>		1 x per competitor	Em alguns trechos da prova pode acontecer das temperaturas estarem bastante baixas e o clima chuvoso. Não pode ser corta vento, obrigatoriamente deve ser impermeável.
<b>Mid Layer Top (Fleece)</b>		1 x per competitor	The mid layer top is used between the baselayer and shell layer to provide additional insulation in cooler conditions. Long sleeve top of synthetic or wool fabric. Mid weight (greater than baselayer), moisture wicking/ quick drying. Top may be carried or worn. When tested on scales the weight of the top must be 175 grams or greater.

# MANDATORY EQUIPMENT LIST




<b>Baselayer Top</b>		1 x per competitor	Long sleeve or short sleeve with arm warmers. Close fitting of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Top may either be carried or worn.
<b>Baselayer Head (Beanie)</b>		1 x per competitor	Beanie (or Buff) must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn over your hair/skin. Beanie may either be carried or worn.
<b>Helmet</b>		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA)
<b>Survival Blanket (Space Blanket)</b>		2 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility. (note bags can deteriorate over time)
<b>Magnetic Compass</b>		2 x per team	Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race. Watch compasses do not meet these requirements
<b>Digital Camera</b>		1 x per team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. Accessible location/ GPS information not permitted.
<b>Knife</b>		1 x per team	Minimum blade length 50mm and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while paddling.
<b>Course Information and Maps</b>		1 x per team	Course maps, course notes and passport/control card, provided by organisers, appropriate for section of the race teams are completing. All will be in waterproof paper.
<b>Cell Phone</b>		1 x per team	Cell phone with fully charged battery, turned off and sealed in opaque and waterproof bag/container for emergency use only. Race organisers will provide advice on specific cell network (if required) and seal phones in security bags before the race. <b>Android</b> <a href="https://play.google.com/store/apps/details?id=com.Avenza&amp;hl=pt_BR&amp;gl=US&amp;pli=1">https://play.google.com/store/apps/details?id=com.Avenza&amp;hl=pt_BR&amp;gl=US&amp;pli=1</a> <b>Iphone</b> <a href="https://apps.apple.com/br/app/avenza-maps/id388424049">https://apps.apple.com/br/app/avenza-maps/id388424049</a>

# MANDATORY EQUIPMENT LIST

<b>GPS Tracker/ Emergency Communications</b>		1 x per team	Specific device provided by race organisers. Must be carried and used in accordance with direction of race organisers.
<b>Strobe Light</b>		2 x per team	Must be flashing white light 360 degree visibility, waterproof to 1m or greater, rated for visibility beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. Can be used in an emergency situation (on both land and sea) to alert others to your location. Headlamps or cycle lamps that flash are not acceptable.
<b>Fire Starting Device</b>		1 x per team	Waterproof matches, gas lighter, flint and steel are all acceptable fire starting devices.
<b>Bivy Bag</b>		1 x per competitor	Full length sleeping bag or heat reflective breathable bivy sack. (not enclosed survival/space blanket) When tested on scales the weight of the bag must be <b>150 grams or greater</b> . Primary purpose is warmth.
<b>First Aid Kit</b>		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.












## FIRST AID KIT - ALL TIMES

Name	Image	Quantity	Description
<b>Pressure Bandage (Elastic/ Crepe)</b>		2m long x 7.5cm wide	Total length of bandage is minimum of 2 metres and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.
<b>Wound Dressing (Sterile)</b>		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended.
<b>Strapping Tape (Adhesive/ surgical tape)</b>		1x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.













# MANDATORY EQUIPMENT LIST







<b>Antihistamine (strong)</b>		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhoea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhoea. Further medical attention may be required.
<b>Anti-diarrhoeal Medication</b>		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhoea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhoea. Further medical attention may be required.
<b>Medical Gloves</b>		1 x	To protect the wearer and/or the patient from the spread of infection or illness. Use medical gloves when your hands may touch someone else's body fluids (such as blood, respiratory secretions, vomit, urine or feces)


 <b>ALL TIMES - MOUNTAIN BIKE DISCIPLINE</b>			
Name	Image	Quantity	Description
<b>Mountain Bike</b>		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross/gravel bikes.
<b>Front Light</b>		1 x per competitor	Front facing white light. May be head or handlebar mounted. Must be
<b>Rear Light</b>		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Must be on between sunset and sunrise and in reduced visibility. Recommended spare rear light is carried amongst team.
<b>Gloves</b>		1 x per competitor	
<b>Bike Box</b>		1 x per competitor	<p>Bike transport box measuring 140cm x 80cm x 30cm. Measurements other than these will not be allowed.</p> <p>Teams can purchase bike cases from the organization at a cost of US\$15.00 per unit. The boxes will be made of cardboard in the dimensions mentioned.</p>

# MANDATORY EQUIPMENT LIST

 ALL TIMES - PADDLING DISCIPLINE			
Name	Image	Quantity	Description
Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while paddling. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy.
Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
Paddle		1 x per competitor	NOT provided by organisers.
Pump		1 x per team	Pump for inflatable kayaks or inflatable mattresses. The valve inlet has an internal diameter of 17.5mm. 
Illumination (Glow Stick/ Chemical light)		2 x per competitor 2 x per boat	One glow stick (100mm) attached to PFD in a highly visible position at all times (i.e. shoulder position). One glow stick attached to boat (bring cable tie). Glow sticks must be glowing when dark. Multiple sticks may be required, bring spares
Paddle bag		1 x per team	Tubular bag 50cm diameter x 150cm long.
Backpack		1x per boat	Suggested equipment for carrying the packraft on a trekking leg. As a reference, we use a 30L backpack to carry the packraft quite tight in the backpack, we suggest a 40L backpack so you don't have to fold the packraft in a special way to fit tight in a 30L backpack.
Packrafts			Provided by organisers.

# MANDATORY EQUIPMENT LIST

 ALL TIMES - ROPES DISCIPLINE			
Name	Image	Quantity	Description
Harness		1 x per competitor	
Carabinier		2 x per competitor	With lock
Sewn Webbing		2 x per competitor	Between 60cm and 80cm.
Gloves		1 x per competitor	Long finger glove suitable for rappelling. Bike gloves get too hot and burn your hands.
Freio		1 x per competitor	ATC or Figure-8 allowed

 Prohibited equipment
<ul style="list-style-type: none"> <li>● Firearms</li> <li>● Pedometers or electronic distance meters</li> <li>● Night vision equipment</li> <li>● Maps that are not provided by the organization</li> </ul>