



## MANDATORY EQUIPMENT LIST

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The AR World Series members using this list have collectively agreed on standard mandatory equipment, 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 rationale and logic for the inclusion of items on this list. Additional items may be added by race organizers 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 organizers, 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.

**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.



















 		<b>ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES</b>		
Yes/No	Name	Image	Quantity	Description
	<b>Official Race Bib</b> (Vest/ Jersey/ Bib)		1 x per competitor (no share)	The official race bib must be worn by each competitor at all times as the outermost garment. Vest/packs that cover the front of the bib are not permitted. Race bibs are provided by the race organizers.
	<b>Whistle</b>		1 x per competitor (no share)	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</b> (Headlamp)		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</b> (Jacket)		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</b> (Pants)		1 x per competitor	The shell/ outer layer pants must be waterproof and windproof as specified by the manufacturer. Pants must be suitable for potentially extreme conditions in an adventure race.
	<b>Mid Layer Top</b> (Fleece)		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.
	<b>Baselayer Top</b>		1 x per competitor	Long sleeve, close fitting top 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 Legs</b> (Leggings/ Tights)		1 x per competitor	Long leg, close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Bottom may either be carried or worn.
	<b>Baselayer Head</b> (Beanie)		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. Beanies may either be carried or worn.
	<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>Course Information and Maps</b>		1 x per team	Course maps, course notes and passport/ control card, provided by organizers, appropriate for the section of the race teams are completing. Adequate waterproofing e.g. laminated or waterproof paper, clear adhesive(Contact) or waterproof map bag.

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	<b>Survival Blanket</b> (Space Blanket)		1 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>First Aid Kit</b>		1 x per team	First Aid contents specified separately. Must be contained in a waterproof bag.
	<b>Cell Phone</b>		1 x per team	Cell phone with fully charged battery, turned off and sealed in an opaque and waterproof bag/container for emergency use only. Race organizers will provide advice on specific cell networks (if required) and seal phones in security bags before the race.
	<b>GPS Tracker/ Emergency Communications</b>		1 x per team	Specific device provided by race organizers. Must be carried and used in accordance with the direction of race organizers.
	<b>Digital Camera</b>		1 x per team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. Used to photograph in case of missing checkpoint.







<div>  <b>ALL TIMES – RAFTING- SPECIAL RAIDARAN</b> </div>				
Yes/No	Name	Image	Quantity	Description
✓	<b>Personal Flotation Device (PFD/ Life Jacket)</b>		1 x per competitor (no share)	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while rafting. Inflatable type vests are not acceptable. Foam deteriorates over time and loses buoyancy. Supplied by race organizers
✓	<b>Neoprene</b>		1 x per competitor	Long sleeves and legs with hood. Water shoes; thickness of minimum 5 mm You can rent it to the organizers.
✓	<b>Helmet</b>		1 x per competitor	Helmet approved for canoe. No other type of helmets such as bike, canoe, etc. will be accepted. Supplied by race organizers
✓	<b>Paddle</b>		1 x per competitor	Single paddle. Provided by the race organizers.

<div>  <b>ALL TIMES - MOUNTAIN BIKE DISCIPLINE - ALL ARWS RACES</b> </div>				
	Name	Image	Quantity	Description
✓	<b>Mountain Bike</b>		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
✓	<b>Helmet</b>		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent)
✓	<b>Front Light</b>		1 x per competitor	Front facing white light. May be head or handlebar mounted.
✓	<b>Rear Light</b>		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst the team.
















	<b>ALL TIMES – CANYONING – SPECIAL RAIDARAN</b>			
	<b>Name</b>	<b>Image</b>	<b>Quantity</b>	<b>Description</b>
	<b>Neoprene</b>		1 x per competitor	Long sleeves and legs with hood. Water shoes; thickness of minimum 5 mm You can rent it to the organizers.
	<b>Canyoning Climbing Harness</b>		1 x per competitor	Must be competitor sized. (CE approved) Harness approved for canyoning. Also approved harnesses for "climbing". Mountaineering or ski-mountaineering or any other type of harness will not be accepted. The harness must have a ventral ring where the descender and material holder will go to the sides of the harness. You can rent it to the organizers.
	<b>Climbing sling</b>	 	1 x per competitor	Sewn, not knotted (CE approved). With two asymmetric or symmetrical anchorage lines, one of them minimum 60cm. Asymmetric double anchoring element Mooring element designed to pass the speleology or descent of ravines. It will be attached to the harness by means of an insurance or Mayon moquette (SPELEGYCA of PETZL) or as determined by the manufacturer. There are models that are recommended to fix with "lark". Like the BEAL DINAPARK. Sewn ribbons of DINEMA will not be accepted". You can rent it to the organizers.
	<b>Helmet</b>		1 x per competitor	Helmet approved for climbing. No other type of helmets such as bike, canoe, etc. will be accepted. You can rent it to the organizers.
	<b>Locking Carabiner</b>	 	4 x per competitor	Must have an approved safety standard certification (CE). You can rent it to the organizers. AUTOMATICS are NOT allowed
	<b>Waterproof Bag</b>		1 x competitor	To protect the mandatory gear from water. It is the responsibility of the racer to keep the GPS, cell phone or first aid keep in perfect conditions.
	<b>Descending device</b>	 	1 x competitor	No ATC. Eight figure. Must have an approved safety standard certification (CE). You can rent it to the organizers.

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✓	<b>Canyoning Bag</b>		1 x team	To transport the mandatory material inside with waterproof bags.
✓	<b>Leather gloves</b>		1 pair x competitor	Must be full size with finger protection; can be the same used in MTB sections as long as they have leather palm.
✓	<b>Booties</b>		1 pair x competitor	In addition, the footwear will have to be suitable for canyoning. Flip flops, open shoes, etc, are not allowed

	<b>ALL TIMES – VIA FERRATA – SPECIAL RAIDARAN</b>			
	<b>Name</b>	<b>Image</b>	<b>Quantity</b>	<b>Description</b>
✓	<b>Canyoning Climbing Harness</b>		1 x per competitor	Must be competitor sized. (CE approved) Harness approved for canyoning. Also approved harnesses for "climbing". Mountaineering or ski-mountaineering or any other type of harness will not be accepted. The harness must have a ventral ring where the descender and material holder will go to the sides of the harness. You can rent it to the organizers.
✓	<b>Kit via ferrata</b>		1 x per competitor	Set approved by UIAA other than that will not be accepted You can rent it to the organizers.
✓	<b>Climbing sling</b>		1 x per competitor	Sewn, not knotted (CE approved) with locking carabiner. To be able to rest in complicated steps.
✓	<b>Helmet</b>		1 x per competitor	Helmet approved for climbing. No other type of helmets such as bike, canoe, etc. will be accepted. You can rent it to the organizers.
✓	<b>Leather gloves</b>		1 pair x competitor	Must be full size with finger protection; can be the same used in MTB sections as long as they have leather palm.



	<b>FIRST AID KIT - ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES</b>			
	<b>Name</b>	<b>Image</b>	<b>Quantity</b>	<b>Description</b>
	<b>Pressure Bandage</b> (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 meters and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localized pressure to the site of injury or wound.
	<b>Triangular Bandage</b>		1 x team	This bandage in the shape of a right angle triangle can be used to make a sling, as normal bandage and other applications.
	<b>Wound Dressing</b> (Sterile)		2 x team	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wounds to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film is recommended.
	<b>Strapping Tape</b> (Adhesive/ surgical tape)		1 x team	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
	<b>Antihistamine</b> (strong)		4 x adult doses minimum	Antihistamine tablets inhibit the action of histamines and can be taken in the event of allergic reaction. Further medical attention may be required.
	<b>Anti-diarrhoeal Medication</b>		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhea. Further medical attention may be required.
	<b>Medical Gloves</b>		1 x team	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)

**Recommended Items** - Additional first aid items that are highly recommended include (not in contravention of anti-doping rules) analgesics, anti-inflammatory, electrolyte replacement, disinfectant and antiseptic solutions/creams, blister treatment, CPR face shield.

### QUESTIONS CLARIFIED:

*Q. Am I required to carry an additional baselayer top or bottom if I am wearing them during the race? NO.*

*Q. Does a cycle top and arm warmers (or cycle tights and leg warmers) meet the requirement for baselayer top and baselayer bottom? YES*

*R. Can a team mate carry my backpack? YES however each competitor must always wear their race bib and carry a whistle.*

### IMPORTANT:

THE PERSON IN CHARGE OF CHECKING AND APPROVING THE MANDATORY GEAR TOGETHER WITH THE RACE DIRECTOR WILL TAKE THE LAST DECISION CONCERNING THE MANDATORY EQUIPMENT OF THE TEAMS.

THIS MEANS THAT THEY COULD NOT ACCEPT THE EQUIPMENT IF THEY CONSIDER THAT THE GEAR IS NOT IN GOOD CONDITIONS, IT'S OLD, BROKEN, NOT APPROVED OR DOES NOT RESPECT THE REQUIREMENTS SPECIFIED.

AFTER THAT THE TEAM MUST REPLACE THE ITEMS AND GIVE THEM TO THE ORGANIZATION FOR THEIR APPROVAL FAILURE TO DO SO WILL RESULT IN EITHER REDUCED PARTICIPATION IN THE EVENT (BEING EXCLUDED FROM SECTION OF THE RACE WHERE THE GEAR IS NEEDED OR THE TEAM NOT BEING PERMITTED TO START THE RACE.