



MERRELL MAMMOTH WOODRIDGE ADVENTURE RACE MANDATORY EQUIPMENT LIST

25km Adventure Race

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 dangerous 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 understand 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 point, including emergency quantities.
- ▶ 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).
- ▶ Waterproofing/ dry bags to keep personal and team equipment as dry, as necessary.
- ▶ Personal medications, permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification, sun protection.
- ▶ Cycle repair kit (including pump, tubes, tools and spare parts).
- ▶ Map waterproofing / waterproof map bags and route plotting equipment. Assorted colors pens, sellotape, scissors etc.

RULES - As a competitor, 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.

			ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES	
Yes/No	Name	Image	Quantity	Description
✓	Whistle		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.
✓	Magnetic Compass		1 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.
✓	Mobile Phone		1 x per team	Cell phone with fully charged battery, turned off and sealed in opaque and waterproof bag/container for emergency use only.

			ALL TIMES - MOUNTAIN BIKE DISCIPLINE - ALL ARWS RACES	
Name	Image	Quantity	Description	
Mountain Bike		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.	
Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent). Worn at all times while cycling.	

			EQUIPMENT SUPPLIED BY ORGANISER	
Yes/No	Name	Image	Quantity	Description & Required Discipline
✓	Official Race Bib (Vest/ Jersey/ Bib)		1 x per competitor (No share)	Organiser to provide. The official race bib must be worn by each competitor at all times as the outermost garment (Except on kayak legs). Vest/packs that cover the front of the bib are not permitted.
✓	Course Information, Passport and Maps		1 set x per team	Organiser to provide. Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing.
✓	Kayak		2 per team of 4 1 per team of 2	Organiser to provide. Fluid double Synergy kayak plastics sit on tops. Go to www.fluidkayaks.co.za to see specifications.
✓	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor (no share)	Organisers to provide The race has a limited number of PFD's that will be shared & recycled amongst competitors.
✓	Paddle		1 x per competitor	Organisers to provide The race has paddles that will be provided to competitors.
✓	GPS/GMS Tracker		1 x per team	Organisers to provide Each team will be given a tracker for organisers and supporters to track their progress