



LIST OF EQUIPMENT [MANDATORY]

Version IBA1/0.2 dated March 2024

NO	EQUIPMENT DETAILS	MANDATORY
1	<p><u>INDIVIDUAL MANDATORY (MTB)</u></p> <ol style="list-style-type: none"> 1. 1 x Mountain bike (MTB) in good condition (<i>no road bike or cyclocross</i>) 2. 1 x bike helmet (<i>with CE certified</i>) 3. 1 x flashing light 4. 1 x bike front white light (<i>headlamp acceptable</i>) 5. 1 x bike rear red or blue 6. 1 x bike repair tool 7. 2 x tire pump and spare tube 8. 1 pair bike glove 	<p>Each team member Each team member Each team member Each team member Each team member At least (2) each team Each team (at least) Each team member</p>
2	<p><u>TEAM MANDATORY</u></p> <ol style="list-style-type: none"> 1. 1 x map case 2. 1 x bike map case 3. 2 x orienteering compass 4. 1 x cell phone with power bank (<i>in a water proof lock baggie – organizer to provide</i>) 5. 1 x pocket knife with sheath (<i>multi tools knife</i>) 6. 1 set x first aid kits (<i>1 x dressing pad, 1 x triangular bandage, 1 x wrap bandage, 4 x alcohol swab, 4 x Oral Rehydration Salt (ORS), medical glove, antihistamine (strong), 1 x muscle spray</i>) 7. Fire starting devices 8. Gear boxes (<i>organizer to provide</i>) 9. GPS tracker (<i>organizer to provide</i>) 	<p>At least (2) each team At least (2) each team Each team Each team At least (2) each team At least (2) each team Each team Each team Each team – 2 boxes Each team</p>

LIST OF EQUIPMENT [MANDATORY]

NO	EQUIPMENT DETAILS	MANDATORY
3	<p><u>INDIVIDUAL MANDATORY</u></p> <ol style="list-style-type: none"> 1. 1 x sport whistle 2. Official race bib / vest / jersey (<i>organizer to provide</i>) 3. Shell layer top (<i>raincoat</i>) 4. Foil space blanket 5. 1 x headlamp with extra battery (<i>suitable for 48H & 12H races</i>) 	<p>At least (2) each team</p> <p>Each team member</p> <p>Each team member</p> <p>Each team member</p> <p>Each team member</p>
2	<p><u>PADDLING SECTION</u></p> <ol style="list-style-type: none"> 1. 1 x PFDs -Buoyancy Vest (<i>inflatable PFDs is not allowed</i>) 2. 1 x paddles (<i>you may bring your own paddles – double blade</i>) 3. 1 x at least 2 liter dry bag 	<p>Each team member</p> <p>Each team member</p> <p>At least (2) each team</p>
3	<p><u>HIGH ROPING DEVICES – INDIVIDUAL MANDATORY</u></p> <ol style="list-style-type: none"> 1. 1 x seat harness 2. 2 x safety sling – 120cm length 3. 5 x screw gate carabineer 4. 2 x ascender (climbing) 5. 1 x figure of eight 	<p>Each team member</p> <p>Each team member</p> <p>Each team member</p> <p>Each team member</p> <p>Each team member</p>

LIST OF EQUIPMENT [RECOMMENDED]

NO	EQUIPMENT DETAILS	RECOMMENDED
3	<p><u>THE FOLLOWING ITEMS, ARE EITHER STRONGLY RECOMMENDED BY ORGANIZERS</u></p> <ol style="list-style-type: none"> 1. Hat 2. Sun glasses 3. Soft flask 4. Water filter straw 5. Money or debit card 6. Trash bag or plastic 7. Pens and instruments for marking maps 8. Sun protections creams 9. Eye protection 10. Ration pack food & sustenance (suitable for 48H & 12H races) 	