



# Kit List

## Mandatory gear for each competitor

(one set per individual participant)

- Trail running shoes or hiking shoes for (it is important that these are not new). Important point is that normal "running shoes for road running" are not suitable as the mountain road surface can be muddy and slippery
- Cell phone (ability to make local calls)
- Travel insurance for Foreigners/ Insurance Card for Swiss Residence
- Running insurance. This is a legal requirement in Switzerland. The insurance our course team recommends is the ITRA: [itra.run/Runners/AboutInsurance](http://itra.run/Runners/AboutInsurance)
- Waterproof jacket
- Waterproof trousers
- Backpack – with capacity to hold 1L of water. You may consider camel pack or MY-CUP which is environmentally friendly and easily filled
- Food – Easy to eat and access snacks (gels, chocolates, energy bars)
- Whistle
- Emergency blanket (lightweight, Mylar-type material, thermal)
- Cap
- Large plastic bag (large bin liner/ garbage bags can also be used to keep you warm)

- Hand sanitizer
- Suncream
- Reusable water bottle
- Sunglasses with retention strap
- It is compulsory for each team member to install the '**echo SOS**' emergency app on your cell phone. It will be used to locate you by the local emergency services in the event of a serious accident.

## Mandatory gear for each team

(one set per team)

- Basic Outdoor challenge First Aid kit – including blister packs, Anti-blister lubricant (e.g. Hydropel), bandages, hand gel, disposable gloves etc

## Suggested but not mandatory items

- Dry bag for all gear (Ziploc bags will work)
- Hydration pack
- Extra clothing (light weight shirt layer, neck warmer, socks.)
- Small pack of tissues

## Food

- **Trail Food** – some snacks will be provided but you may wish to bring some of your own