



ADVENTURE RACING WORLD SERIES MANDATORY EQUIPMENT LIST

Version 1.5 dated 18 February 2022.

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/](https://arworldseries.com/resources/) There are specific rules on items containing GPS, communications/ internet capabilities and items that could potentially assist with navigation.



ALL TIMES, ALL DISCIPLINES, ALL ARWC RACES

Check	Item	Quantity	Description
<input type="checkbox"/> Yes, it's packed	Official Race Bib (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 except when a PFD 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.
<input type="checkbox"/> Yes	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.
<input type="checkbox"/> Yes	Light Source (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.
<input type="checkbox"/> Yes	3 layer Gore Tex (or FUTURElight) jacket 	1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer, 3 layer Gore Tex or North Face FUTURElight system. Jacket must have a hood, seams tape sealed and suitable for potentially extreme conditions in an adventure race. NOTE: it can be any brand as long as it has a minimum water column of 26000mm or more. (Some 2,5 layer Gore tex jackets or similar fabric ALSO have 26,000mm water column, they are also approved).
<input type="checkbox"/> Yes	3 layer Gore Tex (or FUTURElight) pants 	1 x per competitor	The shell/ outer layer pants must be waterproof and windproof as specified by the manufacturer, 3 layer Gore Tex or North Face FUTURElight system. Pants must be suitable for potentially extreme conditions in an adventure race.
<input type="checkbox"/> Yes	Mid Layer Top (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.
<input type="checkbox"/> Yes	Baselayer Top 	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.
<input type="checkbox"/> Yes	Baselayer Legs (Leggings/ Tights) 	1 x per competitor	Long leg or short leg with leg warmers. 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.
<input type="checkbox"/> Yes	Baselayer Head (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. Beanie may either be carried or worn.
<input type="checkbox"/> Yes	Magnetic Compass 	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.
<input type="checkbox"/> Yes	Ice axe 	1 x per competitor	Ice axe with steel head and banana-shaped pick that is tapered to minimum 3 mm for efficient penetration and easy



ALL TIMES, ALL DISCIPLINES, ALL ARWC RACES

Check	Item	Quantity	Description
<input type="checkbox"/> Yes	Survival Blanket (Space Blanket) 	1 x per team	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).
<input type="checkbox"/> Yes	First Aid Kit 	1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
	Knife 	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.
<input type="checkbox"/> Yes	Strobe Light 	2 x per team (1 x per boat) -Two white in total	The light is visible from up to 5 km, 100 % waterproof (IPX8), impact-resistant and can withstand extreme temperatures. We recommend the Orbiloc
<input type="checkbox"/> Yes	Bivvy sack 	1 x per competitor	NOTE: SOL Escape Light NOT approved. Highly water-resistant fabric. Keeps you dry even in wet, soggy conditions. Must reflect 70% of radiated body heat. All-season Durability: Hard-wearing fabric resists punctures and tears through heavy use. Minimum: 240g
<input type="checkbox"/> Yes	Only TENT will be allowed as approved shelter 	1 x per team	TENT - Must have sewn in floor and minimum floor area of 2.5m ² or 27ft ² . Tent design must include poles. All the required poles, pegs, ropes etc must be carried with the tent. Must be suitable for potential conditions of the race and fit the whole team. Material(s): steel, aluminum, nylon if you want a leach Must be certified with: CE, UIAA, UKCA Length of shaft must be a minimum of 45 cm.
<input type="checkbox"/> Yes	Cell 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. Race organisers will provide advice on specific cell network (if required) and seal phones in security bags before the race.
<input type="checkbox"/> Yes	GPS Tracker/ Emergency Communications 	1 x per team	Specific device provided by race organisers. Must be carried and used in accordance with direction of race organisers.
<input type="checkbox"/> Yes	Digital Camera 	1 x per team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. Accessible location/ GPS information not permitted. Used to photograph in case of missing checkpoint.
<input type="checkbox"/> Yes	Course info and Maps 	1 x per team	Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing. Adequate waterproofing e.g. laminated or waterproof paper, clear adhesive(Contact) or waterproof map bag.

RECOMMENDED ITEMS







Two sets of Gore Tex jacket. (Change half way through the race might be nice).

Shoes with gaiters and BIG studs. (The grass might be very slippery in wet conditions).

Gloves, since the terrain sometimes offers sharp rocks you need to grab.











ALL TIMES, MOUNTAIN BIKE DISCIPLINE, ALL ARWC RACES

Check	Item	Quantity	Description
<input type="checkbox"/> Yes	Mountain Bike 	1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
<input type="checkbox"/> Yes	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.
<input type="checkbox"/> Yes	Front Light 	1 x per competitor	Front facing white light. May be head or handlebar mounted. Must be on between sunset and sunrise and in reduced visibility.
<input type="checkbox"/> Yes	Rear Light 	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.
<input type="checkbox"/> Yes	Reflectors/high visibility tape 	1 x per competitor/ bike	<p>Mounted on the back swing of your MTB and on the back of your backpack. High visibility tapes, designed to improve safety and increase visibility across a range of environments. The tape can come in a variety of materials, often cloth or fabric when the adhesive needs to be durable, or waterproof materials when used for marking outdoor equipment. Additional tape needs to be on the backswing of your bike and front suspension.</p> <p>Reflective vest is allowed on the back pack, sewn on or just attached to the back pack or fluorescent spray. Make sure the spray is attached at the gear check in front of the referees.</p>
<input type="checkbox"/> Yes	Bike lock 	1 x per team	<p>A bike lock that can lock all four team bikes.</p> <p>Light, wearable bike lock. Easy to carry with you when cycling. Preferable with 1m Retractable Cable Combination Bicycle Lock. Must be able to lock all four bikes. Bring one or two locks.</p>









ALL TIMES, PADDLING DISCIPLINE, ALL ARWC RACES

Check	Item	Quantity	Description
<input type="checkbox"/> Yes	Personal Flotation Device (PFD/ Lifejacket) 	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 paddling. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy.
<input type="checkbox"/> Yes	Whistle 	1 x per competitor	Must be attached to the PFD/ Lifejacket.
<input type="checkbox"/> Yes	Paddle 	1 x per competitor	We recommend two-piece adjustable paddles
<input type="checkbox"/> Yes	Helmet 	1 x per competitor	Organiser to specify if river helmet is mandatory for any white water rivers, or if cycle helmet is acceptable. Worn as directed by race organisers.
<input type="checkbox"/> Yes	Boat 	2 x per team	Each team supply their own Packrafts.
<input type="checkbox"/> Yes	Illumination (Glow Stick/ Chemical light) 	1 x per competitor 1 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.
<input type="checkbox"/> Yes	Drysuit or LONG arm/legged wetsuit for all water sections 	1 x per competitor	Minimum Drysuit: 1 hour suit. Material with vapour permeable and water tight 4-TEX®. Sealed seam structure. Neck seal 2,5 mm stretch neoprene. Wrist seals stretch neoprene, which are easy to dress and undress. Mandatory for cliff jump. Minimum Wetsuit: Thickness 3 mm, long arms and long legs.
<input type="checkbox"/> Yes	Leash 	1 x per packraft	Two leashes, one for each packraft and hand lines around the packrafts. A minimum of a durable surfski calf leash that can be attached to your leg with velcro.



FIRST AID KIT, ALL TIMES, ALL DISCIPLINES, ALL ARWC RACES

Check	Item	Quantity	Description
<input type="checkbox"/> Yes	Pressure Bandage (Elastic/ Crepe) 	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.
<input type="checkbox"/> Yes	Wound Dressing (Sterile) 	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.
<input type="checkbox"/> Yes	Strapping Tape (Adhesive/ surgical tape) 	1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
<input type="checkbox"/> Yes	Antihistamine (strong) 	4 x adult doses minimum	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction. Further medical attention may be required.
<input type="checkbox"/> Yes	Anti-diarrhoeal Medication 	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.
<input type="checkbox"/> Yes	Medical Gloves 	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).

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.



RACE SPECIFIC ITEMS (These items added by the specific Race Director)

Yes/No	Item	Quantity	Description & Required Discipline

QUESTIONS CLARIFIED:

- Q.** Am I required to carry an additional base layer 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 base layer top and base layer bottom? YES
- Q.** Can a team mate carry my backpack? YES however each competitor must always wear their race bib and carry a whistle.
- Q.** Can I use a device to measure distance on a race map? Yes.
- Q.** Can I use a powered device to inflate my raft? Yes.