

CHECKLIST - INDIVIDUAL CLASS 2018

- All contents of the checklist are mandatory for each participant in the Individual class.
- All equipment listed must be in proper condition.

This is mandatory when you check in the sled at the registration:

- ✓ 1 x thermal underwear, wool, top
- ✓ 1 x thermal underwear, wool, bottom
- ✓ 1 x mid layer (fleece or wool)
- ✓ 1 x down jacket
- ✓ 1 pair of warm wool socks
- ✓ 1 pair of ski goggles
- ✓ 1 ski mask
- ✓ 1 x head light
- ✓ 1 x sled kite and harness
- ✓ 1 x GPS (with map that covers the entire route, for example Topo Norway Experience, and brand new lithium batteries)
- ✓ 1 x compass
- ✓ 1 x each of these maps **1:50000**, for example:
Norge serien: plastic covered Hardangerjøkulen 10039, Nordmannslågen 10031 and Haukeli
OR 10024 Turkart serien: Eidfjord 2677, Hardangervidda Vest 2659 and Haukelifjell 2203
You can buy the maps at www.kartbutikken.no
- ✓ 1 x sleeping mat for winter use
- ✓ 1 x winter sleeping bag
- ✓ 1 x complete tent with rods for winter use
- ✓ 1 x warm rescue bag (for example Fjellduken thermo model)
- ✓ 1 x rope, 5 meters long
- ✓ 1 x stove for winter use (gas fired)
- ✓ 1 liter of fuel for stove
- ✓ 1 x saucepan with lid
- ✓ 3 liters of water
- ✓ 4 x breakfast rations
- ✓ 4 x lunch rations
- ✓ 4 x dinner rations
- ✓ 1 x thermos

- ✓ 1 x first aid kit
- ✓ 1 x snow shovel
- ✓ 1 x avalanche probe
- ✓ 1 x reserve ski pole
- ✓ 1 x reserve ski
- ✓ 1 x box of matches in waterproof container
- ✓ 1 x multi-tool
- ✓ 8 x extra lithium batteries for GPS
- ✓ 6 x portions of freeze dried emergency food (will be sealed by the crew at registration)
- ✓ 2 liters sealed emergency fuel for the stove (will be sealed by the crew at registration)

Mandatory equipment at the start, in addition to the sled:

- ✓ 1 x shell jacket
- ✓ 1 x shell pants
- ✓ 1 x thermal underwear, wool, top
- ✓ 1 x thermal underwear, wool, bottom
- ✓ 1 pair windproof mittens
- ✓ 1 pair warm inner gloves (wool)
- ✓ 1 x windproof hat
- ✓ 1 pair of warm wool socks
- ✓ 1 pair of mountain ski boots (minimum BC-bindings)
- ✓ 1 pair of mountain skis with steel edges
- ✓ 1 pair of mountain ski poles
- ✓ 1 avalanche transceiver

