

## CHECK LIST - INDIVIDUAL CLASS 2021

- All contents of the check list are mandatory for each athlete in the Individual class.
- All equipment listed must be in proper condition.

### 1. Personal equipment that every athlete must have in the sled during the race and at 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 balaklava
- ✓ 1 x head light
- ✓ 1 x dragging system for the sled (rope or bar) and harness
- ✓ 1 x GPS (with map that covers the entire route, for example Topo Norway Experience, and brand new lithium batteries or powerbank to recharge 2 times).
- ✓ 1 x compass
- ✓ 1 x topographic map 1:50000 "Turkart serien" Eidfjord (2677), can f.ex. be bought at [www.kartbutikken.no](http://www.kartbutikken.no), packed in a map case.
- ✓ Printed maps are accepted if they have the same quality and contains the same details as the above mentioned maps
- ✓ 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 (liquid fueled)
- ✓ 1 liter of fuel for stove
- ✓ 2 x boxes of matches separately packed and water sealed
- ✓ 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 pair of gloves in reserve
- ✓ 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)
- ✓ 1 bag to collect snow. It's smart to collect snow in good distance from the camps to avoid getting urin or fuel in the melted snow.
- ✓ Bring your mobile phone and some cash / card in case you have to break the race and end up back at Haukeliseter or Røldal.
- ✓ At least 2 spare pole joints for each type of tent pole, or at least 2 splint joints for each type of tent pole + tape

2. Personal equipment that every athlete must wear at start (you may choose to wear other clothes, but everything on this list should either be on you or in 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 cap
- ✓ 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 (small baskets for cross country skiing are not accepted)
- ✓ 1 avalanche transceiver with minimum 90% battery capacity

