

CHECKLIST - TEAM CLASS 2021

The check lists for the team class consist of three lists:

1. Personal equipment that every athlete must have in the sledge during the race and at registration
2. Personal equipment that every athlete must wear or bring to start.
3. Team equipment that can be put in any of the team member's sleds

All items on the lists are mandatory for your own and your team's safety. All equipment must be in proper condition and packed in a sled.

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 x balaklava
- ✓ 1 x head light
- ✓ 1 x dragging system for the sled (rope or bar) and harness
- ✓ 1 x sleeping mat for winter use
- ✓ 1 x winter sleeping bag
- ✓ 1 x thermos
- ✓ 4 x breakfast rations
- ✓ 4 x lunch rations
- ✓ 4 x dinner rations
- ✓ 1 x snow shovel
- ✓ 1 x avalanche probe
- ✓ 3 liters of drinking water
- ✓ 1 x warm rescue bag (for example Fjellduken thermo model)
- ✓ 1 x compass
- ✓ Bring your mobile phone and some cash / card in case you have to break the race and end up back at Haukeliseter or Røldal.

2. Personal equipment that every participant 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 pant
- ✓ 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 socks, wool
- ✓ 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
- ✓ 1 x GPS (with map that covers the entire route, for example Topo Norway Experience, and brand new lithium batteries or power bank that can recharge the GPS 2 times).

3. Team equipment that that can be put in any of the team member's sleds:

- ✓ 1 x multi tool
- ✓ 1 x first aid kit.
- ✓ 1 x topographic map 1:50000 "Turkart serien" Eidfjord (2677), can f.ex. be bought at 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.
- ✓ 8 x extra lithium batteries for the GPS.
- ✓ 1 x complete tent for winter use.
- ✓ 2 x stoves for winter use (liquid fueled)
- ✓ 2 x boxes of matches separately packed and water sealed
- ✓ 2 liters of fuel for the winter stove
- ✓ 1 x saucepan with a lid
- ✓ 1 pair of reserve ski poles
- ✓ 1 pair of reserve skis
- ✓ 1 pair of gloves in reserve
- ✓ 10 x portions of freeze-dried food in a bag (will be sealed by the crew at check-in)
- ✓ 2 liters emergency fuel (will be sealed by the crew at check-in)
- ✓ 2 x 5 meters of rope
- ✓ 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.
- ✓ 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

