

La Misión Mandatory Equipment

Personal safety equipment (Must bear it each runner)

- **Shelter for high mountain:** Shall be waterproof and with hood.
- **Jersey:** Can be of polar material or similar.
- **Covers trousers breaks wind:** For use in case of rain.
- **Long pant:** Can be of stretch material (Lycra or similar)
- **Thermal t-shirt:** Can be of stretch material (Lycra or similar)
- **Coat gloves:** Can be of polar material or wool.
- **Coat hat:** Can be of polar material or wool.
- **Front flashlight:** Shall be in good functioning.
- **Mirror for signals:** Can be of plastic (CD) or glass.
- **Blanket of survival:** Foil paper, must be original factory
- **Lighter:** Shall only be used for security reasons (hypothermia or signals)
- **Knife:** Can be a knife "Victorinox" or similar.
- **Whistle:** Must be in good operational state.
- **Sleeping bag:** Must be original factory.
- **Helmet:** May be mountain helmet and also mountain bike helmet.
- **Safety glasses:** Can be
- **First aid kit:** View detail to the end.

(Must bear it each runner either, individual or team)

- **VHF radio:** The Organization will have radios for rent.
- **Heater:** Must be in a perfect state of operation and have the fuel container
- **Pot or similar:** Must have a minimum capacity of 500 cc.
- **Compass**
- **Tent or Saco bivouac:** Must choose one of these options.
- **Medium-sized waste bags:** Shall be plastic.
- **Small shovel:** Can be a small plastic shovel (for garden or beach).

Mandatory Personal First Aid Kit

(Must bear it each runner either, individual or team)

- **Insurance** against personal accident (Can be acquire previous the race)
- **3 Self-adhesive dressings** to cover blisters. ej. Moleskin, Compeed.
- **1 Roll of elastic bandage** 1,50 meters long and 7 cm in width.
- **1 Roll of not elastic bandage** 1,50 meters long and 7 cm width.
- **2 Packs of sterile gauze** to cover wounds.
- **1 Thick surgical dressing** to injured deep.
- **20ml of Iodo-povidone solution.** (Not soap)
- **4 Anti-diarrhea tablets** (single) (Loperamide)
- **4 Antihistamine tablets** (single) (Loratadine)
- **2 Minerals envelopes for rehydration.**
- **6 Tablets of Ibuprofem** 400 mg
- **1 Adhesive bend, 2.5 cm wide by 1.5 metres in length.**
- **1 Pair of gloves disposable Latex.**
- **1 Tweezer.**
- **1 Small Scissors.**