

TRANSALPINE RUN 2023 **MANDATORY EQUIPMENT**



EACH PARTICIPANT:

Clothing:

- ☐ closed trailshoes with a grippy sole
- ☐ waterproof jacket
- ☐ long sleeve or arm sleeves
- ☐ long trousers or leg sleeves
- ☐ gloves and hat/"multifunction cloth"
- ☐ spikes (only on announced stages) **not RUN2**

Equipment:

- ☐ cup for drinks during the race
- ☐ water container with a volume of 1 liters
- ☐ personal ID
- ☐ labeling the food beverage with the bib number
- ☐ headlamp (only on announced stages)

EACH TEAM*:

- ☐ mobile phone + saved emergency number
- ☐ route map – printed or stored on the navigation watch
- ☐ first aid kit

***Solo runners and individual finishers must carry all equipment alone**