

TRANSALPINE RUN 2024 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”
- helmet (only on announced stages)
- 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**