

Mandatory material / Material Checks

- During the competition, all participants must be accompanied by all the compulsory material. At any time during the race, the directors or chiefs of control may verify it. The participant will have to accept these checks peacefully, without contesting, otherwise he will be excluded from the race.
- The first 3 (three) participants of the general classification, male and female, of all events, will be compulsorily inspected after the completion of their races.

| Mandatory material | TRAIL 31K |
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| Bib Number (provided by the organization) | X |
| Backpack or similar equipment | X |
| Water bag or equivalent of 1.0L (ULTRA) and 0.5L in the races | X |
| Hooded waterproof long-sleeved jacket | X |
| Thermal blanket (min. 140x200 cm) | X |
| Elastic band or bandage (min. 100x6 cm) | X |
| Whistle | X |
| Operating phone (with sufficient battery and balance) | X |
| Backup food | X |
| Cup 15 cls (minimum) | X |
| 1 Flashlight / Headlight, with replacement batteries | X |

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| Strongly recommended material (optional) |
| Amount of cash (to cover any unforeseen) |
| Sticks* |
| Trousers that at least cover the knee |
| Waste holder, whether or not integrated in the backpack |
| Gloves |
| Beanie / Cap / Scarf / Bandana |
| Change clothes |
| Sunglasses |
| Sunscreen |

* Participants who choose to carry sticks will have to carry them throughout the race. The transfer and / or receipt of sticks after the starting shot, as well as the placement of them in the change bag, is prohibited.

- For safety reasons, it is recommended that participants check their material in order to make sure it is in perfect condition for the race.