

ADVENTURE RACING

MANDATORY EQUIPMENT LIST

The AR World Series members using this list have collectively agreed on standard mandatory equipment, and definitions of this equipment, that individuals and teams must carry while participating in an AR World Series adventure race. They have also agreed on the rationale and logic for the inclusion of items on this list. Additional items may be added by race organisers where they are specific to their location, conditions or laws of the host country.

PERSONAL RESPONSIBILITY AND ASSUMPTIONS - You and your team together are responsible entirely for carrying suitable and appropriate equipment, clothing and sustenance for the climate, conditions and activities in the event. This Mandatory Equipment List is NOT a list of the only items you should take. It contains the mandatory items that you and your team must carry with you, at specified times, to meet minimum safety requirements by law, prevent and/or treat SOME potential injuries, and short-term survival purposes (for example a seriously injured team member, in a stationary position, overnight in bad weather). It assumes your team members will NOT separate during the race and that you may share between members the mandatory equipment that must be carried. You will certainly need additional equipment, clothing, food and drink for your participation in the event.

RECOMMENDED AND INFERRED ITEMS

The following items, categories of equipment or related items, are either strongly recommended by organisers, or assumed to be an inferred requirement as competitors must understand adventure racing, the activities they will be participating in, and general outdoor adventure knowledge and experience.























- ▶ Backpacks and water carrying containers/ bladders/ bottles.
- ▶ Foods and sustenance, sufficient until the next re-supply, including quantity for unexpected circumstances.
- ▶ Personal race clothing and footwear suitable for extreme conditions (including accessories such as hats/ gloves, eye protection, watch/altimeter as required and clothing for water activities such as wetsuits).
- ▶ Cycle repair kit (including pump, tubes, tools and spare parts).
- ▶ Waterproofing/ dry bags to keep personal and team equipment as dry as necessary.
- ▶ Water purification device or chemicals - to avoid illness from drinking contaminated water.
- ▶ Personal medications (not in contravention of anti-doping rules) permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification tags, sun protection creams.
- ▶ Money/ Credit card, personal identification card/ Passport, immigration or visa certificates.
- ▶ Additional and back up Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.
- ▶ HIGHLY RECOMMENDED TREKKING: Shoes for moderate mountain terrain (rocks, scree, abrasive volcanic stone), trekking poles, and polar gloves.
- ▶ HIGHLY RECOMMENDED MTB: Extra tire (Rocks, Scree, Abrasive Volcanic Stone).

RULES - As a competitor in the AR World Series event using this list, you and your team are required to carry the mandatory equipment items with you at the specified times. Checks of mandatory equipment may occur during the race and missing equipment may result in penalties or disqualification as per the race rules. If any items are used/ consumed/lost during a leg, they must be replaced at the next transition point.

The mandatory equipment is divided into two categories, equipment you and your team must carry at ALL times, and equipment you and your team must carry during a specific DISCIPLINE.





PROHIBITED ITEMS - Prohibited items are outlined in the ARWS Rules of Competition

<https://arworldseries.com/resources/> There are specific rules on items containing GPS, communications/ internet capabilities and items that could potentially assist with navigation.






 ALL TIMES - ALL DISCIPLINES – TIERRA INDOMITA 2024				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description
	Whistle		1 x per competitor (no share)	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
	Light Source (Headlamp)		1 x per competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g., headlamp, cycle lights.
	Shell Layer Top (Jacket)		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have a hood, seams tape sealed and suitable for potentially extreme conditions in an adventure race.
	Mid Layer Top		1 x competitor	Must cover arms. Thin or single-layer Dryfit material does not count as a second layer. Can be polar or micropolar.
	Base Layer Top		1 x per competitor	Long sleeve, close fitting top of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Top may either be carried or worn.
	Base Layer Bottom		1 x competitor	Close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Top may either be carried or worn.
	Mid Layer bottom		1 x competitor	Thin or single-layer Dryfit material does not count as a second layer. Can be polar or micropolar.
	Shell Layer Bottom		1 x competitor	The shell/ outer layer pants must be waterproof, windproof, breathable as specified by the manufacturer.
	Base layer Head (Beanie or Buff)		1 x per competitor	Beanie (or Buff) must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn over your hair/skin. Beanie may either be carried or worn.
	Magnetic Compass		2 x per team	Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race. Watch compasses do not meet these requirements.










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	Survival Blanket (Space Blanket)		1 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility. We will check that it is not damaged or out of use. Non-breathable bivies will be treated as thermal blankets
	First Aid Kit		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
	Fire Starting Device		1 x per team	Waterproof matches, gas lighter, flint and steel are all acceptable fire-starting devices.
	Knife		1 x per team	Minimum blade length 50mm and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while kayaking.
	Bivy Sac		1 x per competitor	Full length bivy bag. Entire person to fit inside BREATHABLE. Primary purpose is warmth and protection from all-weather elements.
	Cell Phone		1 x per team	Cell phone with fully charged battery, turned off and sealed in opaque and waterproof bag/container for emergency use only. Also used as a Camera. Used to photograph in case of missing checkpoint.
	Digital Camera		1 x per team	Camera or electronic recording device (e.g., video camera), waterproof, shockproof with charged battery. Used to photograph the checkpoint.
	Sleeping Bag		1 x per competitor	Sleeping bag should be over 300 g. The Bivy bag will not be considered as a sleeping bag.
	Sunglasses		1 x per competitor	Eye protection on the glacier









	ALL TIMES - KAYAK DISCIPLINE – TIERRA INDOMITA 2024			
	COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 			
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor (No share)	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while kayaking. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy.

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✓	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	Paddle		1 x per competitor	Teams have to provide own paddles of any choice.
✓	Helmet		1 x per competitor	Organiser to specify if river helmet is mandatory for any white-water rivers, or if cycle helmet is acceptable. Worn as directed by race organisers.
✓	Throw Bag Rope		1 x per boat	Rescue device with length of rope stuffed loosely into a bag so it can pay out through the top when thrown to a person. Minimum rope length 10m/ 30ft. Also useful for towing other kayaks in emergency.
✓	Paddle Bags		1 x team	Provided by each team.






 ALL TIMES – CRUCE GLACIAR – TIERRA INDOMITA 2024				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
✓	Helmet		1 x per competitor	Cycle helmet is acceptable. Worn as directed by race organisers.
✓	Harness.		1 x per competitor	Any harness of competitor's choice.
✓	Carabiner		2 x per competitor	Locking carabiners of competitor's choice
✓	Crampones For ice		1 x per competitor	Rental availability in Pucón. Please coordinate with the organization.
✓	Piolet		1 x per competitor	Rental availability in Pucón. Please coordinate with the organization.
✓	Rope		1 x team or 1 x competitor	1 per team 20 mts x 8 mm minimum or 1 x competitor 5 mts x 8 mm minimum.
✓	60 cm safety sling		2 x per competitor	60 cm safety sling of competitors choice













 ALL TIMES – MOUNTAIN BIKE DISCIPLINE – TIERRA INDOMITA 2024				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Mountain Bike		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g., CE, UIAA or country equivalent)
	Front Light		1 x per competitor	Front facing white light. May be head or handlebar mounted.
	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team.
	Cycle repair kit		1 x per team	Comprehensive repair kit. Pump, tubes, tubeless repair kit, duct tape, cable ties, chain break, tools, spares (derailleurs, hanger, tires, brake pads etc.,). Cycling will be in remote area with no assistance to repair cycle.
	Reflective vest		1 x competitor	In all the mountain bike phase
	Bike Box		1x competitor	Maximum measurement: 140 x 80 x 30 cm

 FIRST AID KIT - ALL TIMES – TIERRA INDOMITA 2024				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Pressure Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 meters and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.
	Triangular Bandage		1 x	This bandage in shape of right-angle triangle can be used to make a sling, as normal bandage and other applications.
	Wound Dressing (Sterile)		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self-adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended.

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	Strapping Tape (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
	Antihistamine (strong)		4 x adult doses minimum	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction. Further medical attention may be required.
	Anti-diarrheal Medication		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhea. Further medical attention may be required.

 RACE SPECIFIC ITEMS – TIERRA INDOMITA 2024				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Cable Ties		20 per team	Cable ties of minimum 30 cm in length to secure re-supply boxes before leaving transition. Cable ties not to wider than 5 cm . Re-supply boxes that are not secured by cable ties when leaving the transition will incur a 30-minute penalty.
	Rubbish or refuse bag		2 x per team	Small bag to deposit your trash at the Transition.

 EQUIPMENT SUPPLIED BY ORGANISER – TIERRA INDOMITA 2024				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Official Race Bib (Vest/ Jersey/ Bib)		1 x per competitor (No share)	Provided by the organization. The official race bib must be worn by each competitor at all times as the outermost garment (Except on kayak leg). Vest/packs that cover the front of the bib are not permitted.
	Course Information, Passport and Maps		2 sets x per team	Provided by the organization. Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing.
	Kayak		2 kayaks per team	Provided by the organization. Only kayak plastics sit on top.
	Waterproof re-supply boxes		2 x per team	Provided by the organization. 120 liters. (88 cm long, 43 cm wide, 40 cm high)
	Tracker		1 x per team	Provided by the organization. Tracker provided by race organisers. Must be carried and used in accordance with direction of race organisers.

