



ADVENTURE RACING WORLD SERIES ADVENTURE RACING EUROPEAN SERIES MONTANE KONG VINTER MANDATORY EQUIPMENT LIST

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The AR World Series members using this list have collectively agreed on standard mandatory equipments, and definitions of this equipment, that individuals and teams must carry while participating in an AR World Series adventure race.

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 for short term survival purposes (for example a seriously injured team member, in a stationary position 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 have an understanding of 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.

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

Yes/No	Name	Image	Quantity	Description
√	Official Race Bib (Vest/ Jersey/ Bib)	104 MONTANE KONG VINTER	1 x per competitor Provided by organiser	The official race bib must be worn by each competitor at all times as the outermost garment. Race bibs are provided by organiser and has to be given back after the race or can be purchased for 250 DKK.
\checkmark	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) Master & Challenge 1 x per competitor Fighter 1 x per team	aneo a	1 x per competitor Fighter	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)		1x 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.
Optional but recommend	Shell Layer Bottom (Pants)	1	Optional but recommend	The shell/ outer layer pants must be waterproof and windproof as specified by the manufacturer. Pants must be suitable for potentially extreme conditions in an adventure race.
✓	Mid Layer Top (Fleece)		1x per competitor	The mid layer top is used between the baselayer and shell layer to provide additional insulation in cooler conditions. Long sleeve top of synthetic or wool fabric. Mid weight (greater than baselayer), moisture wicking/ quick drying. Top may be carried or worn. When tested on scales the weight of the top must be 175 grams or greater.
\checkmark	Baselayer Top		1x 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.
\checkmark	Baselayer Legs (Leggings/ Tights)	1	1x per competitor	Long leg, close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Bottom may either be carried or worn.
\checkmark	Baselayer Head (Beenie or buff)	POST OF THE PROPERTY OF THE PR	1x per competitor Provided by organiser	Beanie or Buff must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn over your hair/skin may either be carried or worn. The buff is a souvenir.
\checkmark	Magnetic Compass		2x per team	Quality compasses for accurate navigation. Compass must have a needle balanced to north hemisphere. Watch compasses do not meet these requirements.

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√	Course Information and Maps	9	1x per team Provided by organiser	Maps, roadbook and passport/ control card, provided by organisers. All on waterproof paper. It's not possible to buy an extra set of maps.	
√	Waterproof marker		2x per team	To make notes on your passport and map.	
√	Digital Camera	LUMEN	1x per team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. Used to photo checkpoint.	
✓	Cell Phone		1x per team	Cell phone with fully charged battery, turned off in waterproof bag for emergency use. If Digital Camera fails you can also use this to take pictures. Typed in Phone number to Lars Bukkehave: +45 26798421	
✓	GPS Tracker	8 1 1	1x per team Provided by organiser	Provided by race organisers. Must be carried and used in accordance with direction of race organisers.	
Optional but recommend	Running backpack		1x per competitor Optional but recommend	Place to put all your gear that are not in use.	
Optional but recommend	Food and drinks	ENERSY 2	Optional but recommend	Without food and drinks you dont get far.	

	FIRST AID KIT - ALL TIMES - ALL DISCIPLINES					
	Name	Image	Quantity	Description		
✓	First Aid Kit	+ FIRST AID	1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.		
✓	Pressure Bandage (Elastic/ Crepe)		1 x per team 2m long x 7.5cm wide	Total length of bandage is minimum of 2 metres and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.		
✓	Wound Dressing (Sterile)		2 x minium 7,5x7,5 cm	Gauze dressing applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage.		
✓	Strapping Tape (Adhesive/ surgical tape)		1 x per team	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.		
\checkmark	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. (note bags can deteriorate over time).		

(i)	MOUNTAIN BIKE DISCIPLINE				
	Name	Image	Quantity	Description	
✓	Mountain Bike		1 x per competitor Possible to rent	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes. Possible to rent at sign up	
\checkmark	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent). If you rent this will be a part of it.	
✓	Repair kit		Optional but recommend	Tools to fix your bike if it breaks down. Pump, Allen key, patches, tire irons. If you rent this will be a part of it.	
✓	Front Light		1 x per competitor	Front facing white light. Has to be mounted on the bike If you rent this will be a part of it.	
\checkmark	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team. If you rent this will be a part of it.	
Optional but recommend	Map Board		1x per navigator Optional but recommend	Biking with a map in your hand is not ideal. We recommend a map board for your bike and map. See more at http://abelnielsen.dk and order your own at jni@abelnielsen.dk	
\checkmark	Bike bag Only Master	7AR		To put your bike gear during bike transport. You have to be able to transport it during the race when you use your bike. Mark your bike bag with team number supplied by organiser.	

	CLIMBING VERTICAL ORIENTERING - Provided by organiser No gear can be left at the ground				
	Name	Image	Quantity	Description	
Skills	Master	Each team need to know how to:		Put on gear, body check and belay on top rope. Ascend and rappel down again on a single rope. If you fail to complete you can still participate but not take the climbing checkpoints. See video below.	
Skills	Challenge	Each team need to know how to:		Put on gear, body check and belay on top rope. If you fail to complete you can still participate but not take the climbing checkpoints. Instruction video: https://www.youtube.com/watch?v=2 08nRMXvns	
Skills	Fighter	Instructor to help		There will be an instructor at the climbing site what will help you and belay you.	
✓	Climbing Harness	S.	Provided by organiser	Challenge & Master : Each teams will get 2 harness and has to stay together	

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\checkmark	ATC rope break Only Challenge & Master	Provided by organiser	Challenge & Master: 1 ATC (belay device) pr team
\checkmark	Carabiner Only Challenge & Master	Provided by organiser	Challenge: 1 carabiner Master: 3 carabiners
√	Gri Gri Only Master	Master only: 1 pr team Provided by organiser	Master only: 1 pr team - for ascending static rope. https://www.alpinesavvy.com/blog/using-a-gri-gri-to-ascend-fixed-ropes See instruction in video: https://www.youtube.com/watch?v=2_08nRMXvns
\checkmark	Acender handle Only Master	Master only: 1 pr team Provided by organiser	Master only: 1 pr team. For ascending static rope
\checkmark	Adjustable Foot loop Only Master	Master only: 1 pr team Provided by organiser	Master only: 1 pr team. For ascending static rope

	ONLY MASTER ARWS EUROSERIES PADDLE DISCIPLINE - ALL ARWS RACES					
	Name	Image	Quantity	Description		
Skills	Master	Each team member need to know how to		Make a re entry if you flip.		
✓	Paddle bag Only Master	JAR.	1 x per Team	To put your paddling gear inside. You have to be able to transport it with you on paddling stage. Mark your paddles with team number supplied by organiser.		
√	Wet or dry suite Only Master		1 x per competitor	The wet suit can be full size or John long with no arms. Its great to combine it with your rain jacket but not mandatory. You are also allowed to use a dry suite.		
✓	Personal Flotation Device (PFD/ Lifejacket) Only Master		1 x per competitor Supplied organiser	Supplied by race organisers or bring your own. 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. Bring your own or supplied by organiser		
✓	Whistle Only Master	*	1 x per competitor	Must be attached to the PFD / Lifejacket. We recommend the fox 40		
\checkmark	Paddles kayak or canoe Only Master		1 x per competitor Supplied organiser	Kayak or canoe paddles Supplied by race organisers or bring your own. If you bring your own hand them in at registration on top of Paddle bag. Mark your paddles with team number.		
✓	Kayak / Canoe Only Master	Const Date Date)	Per team Supplied organiser	Supplied by race organisers 3 Person teams: 1 canoe 4 Person teams: 1 canoe & 1 single kayak		