



COMPULSORY EQUIPMENT

The following list of Compulsory equipment is reduced to a minimum. We believe that if you are crazy enough to take part in this raid, you know exactly what your bag should contain!

Compulsory equipment for each participant

- Mountain bike
- Approved bike helmet
- Whistle
- Head lamp
- Front headlight for bike
- Red flashing taillight
- Survival blanket
- Approved Lifejacket (auto-inflating or inflated lifejackets are forbidden)
- Nautical Safety Knife

Strongly recommended equipment

- Wetsuit for the swimming sections in river and sea and for the canyoning activities. The water is lower than 7 degrees Celsius.

Compulsory equipment for each team

- **1 Full equipment per team : Climbing harness with 2 dynamic lanyards + carabiners + descender and autolock carabiner.**
- 1 rope bag with a 15 m floating rope for nautical security easy to throw per team of 2
- First aid kit
- Sleeping bags (1 per person) /tent/matresses. You have to be autonomous on the camping sections (water, food, portable stove, etc.); managed by the assistant
- Flag of your country



Material supplied by the organization

Watercrafts (canoes and paddles) will be provided by the organization. The participants can bring their own kayak paddles (**transportation and management of paddles and canoes will be of your responsibility**).

NEW 2017: The racers and assistants must carry all the material (bikes and canoes included). There will be no collective transport for canoes like in 2016.