

CHECKLIST – Recommended Equipment

When participating in this sort of adventures, which are real personal challenges, a supply kit and mandatory equipment is important. It is not only a requirement that will add a few ounces to your bag; it is a vital minimum that may make all the difference. Each participant should adapt this checklist to his needs, as there is always an unpredictability factor. Higher the safety, greater the comfort.

Helmet	
Glasses	
Gloves	
Proper clothing	
ID Documets	
European Health Insurance Card	
Mobile phone with the <i>Roaming</i> option activated and with the Organization emergency numbers recorded. Keep the bateries charged.	
Mobile phone charger	
GPS, with permanent loaded batteries The reference data for the GPS map have to be: WGS 84 Backup battery Charger	
2 Drinking bottles of water, totaling at least 2L of water	
Camel bag or equivalent for 1L of water	
2 Headlights/ flashlights, with backup batteries and permanently charged	
2 Survival blankets, minimal 1,40x2m	
1 Whistle	
1st Aid Kit with: 1 Elastica bandage, minimum 100cm x 6 cm; Band Aid of several sizes; physiologic serum; 4 a 6 compresses	
Food reserve, consisting of energy bars or dried fruits	
1 Waterproof cape, preferably with hood and membrane Gore-Tex or similar, which will withstand bad weather or adverse weather conditions	
Arm warmers and leg warmers or long trousers	
Waterproof shoes protection	
Inner tube (preferably anti-perforation)	
Patches and glue	
Tacos para tubless (punchures reparation)	
Lubricant oil	
Multitool key set	
Park tool	
Chain repair key	
Brake pads	
2 Gears cables	
Air pump	
Chain connectors	
Backup Dropout	
Toilet paper/wipes	
Cleaning chain Kit	
Cleaning chain liquid	
5 to 20€ in cash (permanently for unforeseen situations)	
Small knife (To cut the bandage, small repairs, etc.	
Camera	