

Compulsory equipment :

Bicycle with red rear light (spare batteries)	3
Helmet	3
Rope, min. 6 mm, length 10-15 m	1
Headlamp	3
Bike lock with key or code lock (for 3 bicycle locking)	1
Watch	1
Compass	1
Thermal blanket	3
Pen/marker	1
Cellphone	1
(full battery, switched off)	
Plastic bag for map	1
Swimming mattress for swimming stages, has to support 3 competitors (will be transported to skating by org.)	1
Bag with equipment for transition, max 60L, will be transported by org.)	1
Medical set (sterile bandage, plasters, painkillers)	1
Skates or roller skis	3

Recommended equipment :

Set for bike repair	3
Drinks and food for 24h	3
Cycle computer	3
Spare set of clothes	
Map holder for bike	3
Backpack	3
Spare set of batteries for lamps	
Waterproof bag	1
Duck tape	1
Insurance	3
Mosquito repellent	1
Spare compass	2
Gloves for climbing	3
Whistle	3