**ADVENTURE RACING WORLD SERIES**
**MANDATORY EQUIPMENT LIST**

Modified version by Expedition Canada September 26th 2022

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. They have also agreed on the rational 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 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 - ALL ARWS RACES** | | | |
| **Yes/No** | **Name** | **Image** | **Quantity** | **Description** |
| ✓ | **Official Race Bib** (Vest/ Jersey/ Bib) | | 1 x per competitor (no share) | The official race bib must be worn by each competitor at all times as the outermost garment. Vest/packs that cover the front of the bib are not permitted. Race bibs are provided by the race organisers. |
| ✓ | **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. |
| ✓ | **Shell Layer Bottom** (Pants) | | 1 x per competitor | 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) | | 1 x 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. |
| ✓ | **Baselayer 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. |
| ✓ | **Baselayer Legs** (Leggings/ Tights) | | 1 x 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. |
| ✓ | **Baselayer Head** (Beenie) | | 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. |

| | | | | |
|---|---|---|---|---|
| ✓ | **Course Information and Maps** | | 1 x per team | Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing. Adequate waterproofing e.g. laminated or waterproof paper, clear adhesive(Contact) or waterproof map bag. |
| ✓ | **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). |
| ✓ | **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 competitor | 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. |
| ✓ | **Strobe Light** | | 2 x per team | Must be flashing white light 360 degree visibility, waterproof to 1m or greater, rated for visibility beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. Can be used in an emergency situation (on both land and sea) to alert others to your location. Headlamps or cycle lamps that flash are not acceptable. |
| ✓ | **Sleeping Bag / Bivy Bag** | | 1 x per competitor | Full length sleeping bag or heat reflective breathable bivy sack. (not enclosed survival/space blanket) When tested on scales the weight of the bag must be 150 grams or greater. Primary purpose is warmth. 1 out of the 4 bags need to be at least 400grams or greater. |
| ✓ | **Emergency Shelter** (Tent or Bothy Bag) | | 1 x per team | TENT - Must have sewn in floor and minimum floor area of 2.5m² or 27ft². Tent design must include poles. All the required poles, pegs, ropes etc must be carried with the tent. Must be suitable for potential conditions of the race.<br>or<br>BOTHY BAG - Single Bothy bag rated for 4 people (not e.g. 2 x 2 person bags) made from waterproof & windproof material and containing air vents. |
| ✓ | **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. Race organisers will provide advice on specific cell network (if required) and seal phones in security bags before the race. |
| ✓ | **GPS Tracker/ Emergency Communications** | | 1 x per team | Specific device provided by race organisers. Must be carried and used in accordance with direction of race organisers. |
| ✓ | **Digital Camera** | | 1 x per team | Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. Used to photograph in case of missing checkpoint. NO GPS function allowed. |

| | ALL TIMES - MOUNTAIN BIKE DISCIPLINE - ALL ARWS RACES | | | |
|---|---|---|---|---|
| | **Name** | **Image** | **Quantity** | **Description** |
| ✓ | **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. |

| | ALL TIMES - KAYAK DISCIPLINE - ALL ARWS RACES | | | |
|---|---|---|---|---|
| | **Name** | **Image** | **Quantity** | **Description** |
| ✓ | **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. |
| ✓ | **Whistle** | | 1 x per competitor | Must be attached to the PFD/ Lifejacket. |
| ✓ | **Paddle** | | 1 x per competitor | |
| ✓ | **Helmet** | | not mandatory | Helmet is not compulsory for the paddling section of Expedition Canada 2021 |
| ✓ | **Canoe** | | 2x team | Supplied by race organizers. Be prepared to have to carry your bikes in the canoes for some sections. |
| ✓ | **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. |
| ✓ | **Illumination** (Glow Stick/ Chemical light) | | 1 x per competitor 1 x per boat | One glow stick (100mm) attached to PFD in a highly visible position at all times (i.e. shoulder position). One glow stick attached to kayak (bring cable tie). Glow sticks must be glowing when dark. Multiple sticks may be required, bring spares. |
| ✓ | Packrafts | | 2x 2persons packrafts OR 4x1 person packrafts | To be supplied by the racers. Flat water & Rapids Class I & II+ |

| | | | | |
|---|---|---|---|---|
| ✓ | **Bailer** | | 1 x per boat | Bailers must be clipped to boat for secure and quick access. |
| ✓ | Wetsuit/Drysuit | | 1x competitor | A drysuit or Wetsuit is compulsory for the packraft sections. |

| | **FIRST AID KIT - ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES** | | | |
|---|---|---|---|---|
| | **Name** | **Image** | **Quantity** | **Description** |
| ✓ | **Pressure Bandage** (Elastic/ Crepe) | | 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. |
| ✓ | **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. |
| ✓ | **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-diarrhoeal Medication** | | 4 x adult doses minimum | Medication to provide symptomatic relief for diarrhoea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhoea. Further medical attention may be required. |
| ✓ | **Medical Gloves** | | 1 x | To protect the wearer and/or the patient from the spread of infection or illness. Use medical gloves when your hands may touch someone else's body fluids (such as blood, respiratory secretions, vomit, urine or feces) |

**Recommended Items** - Additional first aid items that are highly recommended include (not in contravention of anti-doping rules) analgesics, anti-inflammatory, electrolyte replacement, disinfectant and antiseptic solutions/creams, blister treatment, CPR face shield.

**RACE SPECIFIC ITEMS**
(These items added by the specific Race Director)

| | ALL TIMES ROPE SECTIONS | | | |
|---|---|---|---|---|
| | **Name** | **Image** | **Quantity** | **Description** |
| ✓ | Helmet | | 1 x per competitor | Provided by the organization |
| ✓ | Rappel device | | 1 x per competitor | Figure 8 provided by the Organization |
| ✓ | Gloves/Balaclava | | 1 x per competitor | Neoprene gloves and balaclava highly recommended. You will be wet from glacier water for a long time. |
| ✓ | Wetsuit | | 1 x per competitor | Full length or farmer john with long sleeve top compulsory. 5mm recommended, minimum of 3-4mm |
| ✓ | Neoprene socks | | 1 x per competitor | compulsory for warmth |
| ✓ | Harness | | 1 x per competitor | Provided by the organization |
| ✓ | Running shoes | | 1 pair x per competitor | Running shoes or trekking shoes |

| | ALL TIMES - ALL DISCIPLINES | | | |
|---|---|---|---|---|
| | **Name** | **Image** | **Quantity** | **Description** |
| ✓ | Bear Spray | | 1 x per team | 1 per person min 225g |
| ✓ | Bike box | | 1 x per competitor | 140cm x 80cm x 30cm max weight of 30kg |
| ✓ | Stackable plastic box | | 4 x team | max weight of 25kg per box |
| ✓ | Paddling bags | | 2 x team | max weight of 25kg per bag |
| ✓ | High Vis Vest | | 1 x per competitor | Reflective vest to be worn when on Highways |

**QUESTIONS CLARIFIED:**

*Q. Am I required to carry an additional baselayer top or bottom if I am wearing them during the race? NO.*

*Q. Does a cycle top and arm warmers (or cycle tights and leg warmers) meet the requirement for baselayer top and baselayer bottom? YES*

*Q. Can a team mate carry my backpack? YES however each competitor must always wear their race bib and carry a whistle.*