

# Mandatory equipment

+ **BACKPACK OR WAIST BAG  
FITTING ALL YOUR EQUIPMENT**

+ **FLUID SUPPLY: WATER /  
ISOTONIC DRINK MIN. 0.5L**

+ **NRC FOIL MINIMUM 2 X 1.4 M**

+ **SMARTPHONE WITH ROAMING  
ENABLED, WITH MAPS AND  
EMERGENCY APPS**

+ **RAIN JACKET WITH A HOOD**

+ **CASH: 50 PLN AND 10 EUR**

+ **ELASTIC BANDAGE  
MINIMUM 100 X 6 CM**

+ **WHISTLE**

+ **RACE BIB PROVIDED BY THE  
ORGANIZER, PINNED  
IN A VISIBLE LOCATION**

+ **CUP OR FLASK**

+ **ID CARD OR PASSPORT**

+ **REQUIRED PERSONAL  
ACCIDENT INSURANCE POLICY**

# Recommended Equipment

+ **WATCH WITH  
GPX TRACK LOADED**

+ **SUNGLASSES**

+ **CAP OR SCARF WITH UV  
PROTECTION**

+ **EMERGENCY FOOD SUPPLY  
(GELS, ENERGY BARS)  
MINIMUM 600 KCAL**