



EXPEDITION AFRICA 25 +10 KM ADVENTURE MANDATORY EQUIPMENT LIST





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). 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 understand adventure racing, the activities they will be participating in, and general outdoor adventure knowledge and experience.











- ▶ Backpacks and/or water carrying containers/ bladders/ bottles.
- ▶ Foods and sustenance.
- ▶ 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).
- ▶ Personal medications, permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification, sun protection.
- ▶ Map waterproofing material and/or waterproof map bag / Zip-loc bags and route plotting equipment. Different colors pens, sellotape, scissors etc.

RULES - As a competitor, 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.

		TREKKING		
		COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 		
Yes/No	Name	Image	Quantity	Description
	Cell Phone		1 x per team	Cell phone with fully charged battery, turned off and in waterproof bag/container for emergency use only. Cell phone camera to be used for taking photos for taking location photos in the case of a missing control point.

		MOUNTAIN BIKING		
		COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 		
Yes/No	Name	Image	Quantity	Description
	Cell Phone		1 x per team	Cell phone with fully charged battery, turned off and in waterproof bag/container for emergency use only. Cell phone camera to be used for taking photos for taking location photos in the case of a missing control point.
	Mountain Bike		1 x per competitor	Mountain Bike appropriate for adventure racing.
	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification.
	Cycle repair kit		1 x per team	Pump, tubes, tubeless repair kit, duct tape, cable ties, chain break, tools, general cycle spares

		KAYAKING		
		COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 		
Yes/No	Name	Image	Quantity	Description
	Personal Flotation Device (PFD/ Lifejacket) OPTIONAL		1 x per competitor	OPTIONAL: Teams to provide own life jackets if they feel their kayaking and swimming ability is not sufficient.

			EQUIPMENT SUPPLIED BY ORGANISER	
			COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 	
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Official Race Bib (Vest/ Jersey/ Bib)		1 x per competitor	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.
	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.
	Kayak/ Canoe	 <small>Double synergy</small>	1 x per team	Organiser to provide. Fluid double synergy kayak plastics sit on tops. Go to www.fluidkayaks.co.za to see specifications.
	Paddle		1 x per competitor	Organiser to provide.