



## EXPEDITION AFRICA 2024 NAMIBIA

### MANDATORY EQUIPMENT LIST

The AR World Series members using this list have collectively agreed on standard mandatory equipment, 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 rationale 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 understand 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.












			<b>ALL TIMES - ALL DISCIPLINES</b>	
			COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 	
Yes/No	Name	Image	Quantity	Description
	<b>Whistle</b>		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.
	<b>Light Source</b> (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.
	<b>Shell Layer Top</b> (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.
	<b>Base layer Top</b>		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.
	<b>Base layer Head</b> (Beanie or Buff)		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.
	<b>Magnetic Compass</b>		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.
	<b>Survival Blanket</b> (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).
	<b>First Aid Kit</b>		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
	<b>Fire Starting Device</b>		1 x per team	Waterproof matches, gas lighter, flint and steel are all acceptable fire-starting devices.
	<b>Knife</b>		1 x per team	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.
	<b>Bivy Bag</b>		1 x per competitor	Full length bivy bag. Entire person to fit inside. Primary purpose is warmth and protection from all-weather elements.















## AR World Series Mandatory Equipment List








	<b>Cell Phone</b>		1 x per team	Cell phone with fully charged battery, turned off and sealed in opaque and waterproof bag/container for emergency use only. Also used as a Camera. Used to photograph in case of missing checkpoint.
	<b>Digital Camera</b>		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.















 <b>ALL TIMES - KAYAK DISCIPLINE</b>				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	<b>Personal Flotation Device</b> (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.
	<b>Whistle</b>		1 x per competitor	Must be attached to the PFD/ Lifejacket.
	<b>Paddle</b>		1 x per competitor	T Teams to provide own paddles of any choice. <b>Please indicate on online entry form if Expedition Africa needs to supply team with paddles.</b>
	<b>Illumination</b> (Chemical light or battery-operated device)		1 x per competitor for event	One glow stick attached to backpack on shoulder position when in water at nighttime (bring cable ties). Glow sticks must be glowing when dark.

ALL TIMES - ROPEWORK DISCIPLINE				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Helmet		1 x per competitor	Cycle helmets are acceptable. Worn as directed by race organisers.
	Harness.		1 x per competitor	Any harness of competitor's choice.
	Descending device		1 x per competitor	Any descending device of competitor's choice. The descending device must be suited for use on a <b>11mm rope</b> .
	60 cm safety sling		1 x per competitor	60 cm safety sling of competitors choice
	Carabiner		2 x per competitor	Locking carabiners of competitor's choice

ALL TIMES – MOUNTAIN BIKE DISCIPLINE				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	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.
	Cycle repair kit		1 x per team	Comprehensive repair kit. Pump, tubes, tubeless repair kit, duct tape, cable ties, chain break, tools, spares (derailleurs, hanger, tires, brake pads etc.,). <b>Cycling will be in remote area with no assistance to repair cycle.</b>

 <b>FIRST AID KIT - ALL TIMES</b>				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	<b>Pressure Bandage</b> (Elastic/ Crepe)		2m long x 7.5cm wide	The total length of bandage is minimum of 2 meters and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.
	<b>Triangular Bandage</b>		1 x	This bandage in shape of right-angle triangle can be used to make a sling, as normal bandage, and other applications.
	<b>Wound Dressing</b> (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.
	<b>Strapping Tape</b> (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
	<b>Antihistamine</b> (strong)		4 x adult doses minimum	Antihistamine tablets inhibit the action of histamines and can be taken in the event of allergic reaction. Further medical attention may be required.
	<b>Anti-diarrheal Medication</b>		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhea. Further medical attention may be required.

 <b>RACE SPECIFIC ITEMS</b>				
COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	<b>Cable Ties</b>		40 per team	Cable ties of minimum <b>30 cm</b> in length to secure re-supply boxes before leaving transition. Cable ties not to be wider than <b>5 cm</b> . Re-supply boxes that are not secured by cable ties when leaving the transition will incur a 30-minute penalty.
	<b>Rubbish or refuse bag</b>		2 x per team	Team needs to place one refuse bag in each re-supply box. All refuse during event to be thrown in to refuse bag. Any refuse left behind by team at transition areas will incur a 30-minute penalty.
	<b>Soccer ball</b>		4 per team	Each team can donate 4 soccer balls to the local community. The organizer will supply a pump to inflate the balls.

EQUIPMENT SUPPLIED BY ORGANISER				
			COMPULSORY EQUIPMENT MARKED WITH THIS SYMBOL 	
Yes/No	Name	Image	Quantity	Description & Required Discipline
	<b>Official Race Bib</b> (Vest/ Jersey/ Bib)		1 x per competitor (No share)	<b>Organiser to provide.</b> The official race bib must be worn by each competitor at all times as the outermost garment (Except on kayak leg). Vest/packs that cover the front of the bib are not permitted.
	<b>Course Information, Passport and Maps</b>		2 sets x per team	<b>Organiser to provide.</b> Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing.
	<b>Kayak</b>	 <small>Double sit-on-top</small>	2 kayaks per team	<b>Organiser to provide.</b> Fluid double Synergy kayak plastics sit on top. Go to <a href="http://www.fluidkayaks.co.za">www.fluidkayaks.co.za</a> to see specifications.
	<b>Kayak bag</b>		1 x per team	<b>Organiser to provide.</b> 32 cm high * 32 cm wide * 2.2 m long
	<b>Waterproof re-supply boxes</b>		3 x per team	<b>Organiser to provide.</b> 160 liters. (88 cm long, 43 cm wide, 40 cm high)
	<b>SPOT GPS Tracker</b>		1 x per team	<b>Organiser to provide.</b> Spot tracker provided by race organisers. Must be carried and used in accordance with direction of race organisers.