

## FORMOSA TRAIL - Mandatory Gear



- ✓ **Runner must start and finish the race with the gear listed below ✓.**
  - Random checks will occur during the race, include finish line.
  - ✓ **Any of items missing = DSQ**
- Not signed Entry Disclaimer = **DSQ**
- ● Very recommended items

MANDATORY GEAR		104km	65km	40km	16km	8km
<input type="checkbox"/>	<b>Hydration pack</b> with min. capacity reservoir/bottles of 2L for 104, 65 and 40km, 0.5L for 16km and 8km	✓	✓	✓	✓	✓
<input type="checkbox"/>	<b>Mobile Phone</b> fully charged and ON please give us your phone number on entry disclaimer save two numbers: <ul style="list-style-type: none"> <li>• venue (Eva): <b>0963-539346</b> or 0920-018345</li> <li>• course (Petr): <b>0905-120787</b></li> </ul>	✓	✓	✓	●	●
<input type="checkbox"/>	<b>Headlamp</b> has to be <b>ON</b> at least till 6am (or to cpA) <i>(spare batteries for headlamp are mandatory for 104km)</i>	✓	✓	✓		
<input type="checkbox"/>	<b>Second Headlamp or Torch</b>	✓	✓	●		
<input type="checkbox"/>	<b>Gloves</b>	●	●	●		
<input type="checkbox"/>	<b>BIB and chip</b>	✓	✓	✓	✓	✓
<input type="checkbox"/>	<b>Whistle</b>	✓	✓	✓	●	●
<input type="checkbox"/>	<b>Light Jacket</b>	●	●	●	●	●
<input type="checkbox"/>	<b>Waterproof jacket</b>	✓	✓	✓	●	●
<input type="checkbox"/>	<b>Emergency Blanket</b>	✓	✓	✓		
<input type="checkbox"/>	<b>First-aid kit</b> <ul style="list-style-type: none"> <li>• elastic bandage for a strapping, min. 100cm x 5cm</li> <li>• adhesive tape</li> <li>• 3pcs povidone-iodine swabs</li> <li>• 3pcs medical patch</li> <li>• antihistamine (very recommended)</li> </ul>	✓	✓	✓	●	
<input type="checkbox"/>	<b>Course Map</b> (in race pack for 104,65 and 40km, please understand the course, there will not be marshals)	✓	✓	✓	●	●
<input type="checkbox"/>	<b>GPS device</b> with course ( <a href="#">.gpx download</a> )	✓	✓	✓	●	●
<input type="checkbox"/>	<b>Energy Reserve</b> (min. 600 kCal , eg. 3x Runivore bars)	✓	✓	✓	●	●
<input type="checkbox"/>	<b>Cash</b> min. 500 NTD	✓	✓	✓		
<input type="checkbox"/>	<b>Dish</b> for hot soup and drink (no cups in CP)	●	●	●	●	●

For detailed information visit: [www.formosatrail.com/rules/](http://www.formosatrail.com/rules/)

