

**EQUIPMENT LIST**

**MANDATORY EQUIPMENT LIST INDEX**

**\*\* THIS INDEX IS FOR REFERENCE ONLY. YOU MUST READ THROUGH THE FULL EQUIPMENT LIST PROVIDED ON THE FOLLOWING PAGES FOR THE SPECIFIC REQUIREMENTS OF EACH MANDATORY ITEM. FAILURE TO HAVE ANY MANDATORY ITEM WILL RESULT IN A PENALTY OR NOT BEING ALLOWED TO START THE RACE.**






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## EQUIPMENT LIST









### MANDATORY EQUIPMENT

YOUR EQUIPMENT WILL BE REVIEWED AT COMPETITOR CHECK-IN AT THE HOST HOTEL TO ENSURE THAT YOU HAVE ALL OF THE MANDATORY ITEMS. FAILURE TO HAVE AN ITEM WILL RESULT IN A PENALTY OR NOT BEING ALLOWED TO START THE RACE.






*Note: "Most Popular" items are available at the [RacingThePlanet Store \(International\)](#) and the [RacingThePlanet Store \(Europe\)](#). Store items can be found using the "Shop By Activity" option for [RacingThePlanet: Ecuador 2015](#). Use the "Compare Products" feature to see which items suit you best.*

MANDATORY EQUIPMENT			
	Item	Comments	Qty.
1)	<p><a href="#">BACKPACK/RUCKSACK</a></p> 	<p>Capable of carrying all of the Mandatory and Optional Equipment. A 25-30L backpack is optimal. Note: There is no one backpack model that works for everyone.</p> <p><i>Most Popular:</i> <a href="#">Inov-8 Racepac 25L &amp; 32L</a>, <a href="#">OMM Classic Marathon 25L &amp; 32L</a>, <a href="#">Osprey Hornet 32</a>, <a href="#">RaidLight Evolution 20 L Racepack</a> with <a href="#">front pack</a>, <a href="#">WAA UltraBag 20+4L</a>, <a href="#">The North Face Litus 32</a></p>	1
2)	<p><a href="#">WATERPROOF BAG (35L)</a></p> 	<p>The waterproof bag must be a <b>minimum of 35 liters</b> in size. There is a chance of rain, and it is vital to keep the contents of your backpack (in particular, your sleeping bag and camp clothes) dry. Using a combination of smaller bags does <i>not</i> fulfil this requirement.</p> <p><i>Most Popular:</i> <a href="#">Sea-to-Summit Ultra-Sil Dry Sack 35L</a>, <a href="#">Sea-to-Summit Ultra-Sil Nano Dry Sack 35L</a></p>	1
3)	<p><a href="#">SLEEPING BAG (0°C/32°F)</a></p> 	<p>The minimum requirement combination of sleeping bag plus bag liner is <b>0°C/32°F</b>. If you are sensitive to cold temperatures you may want to look at combinations below this temperature. Note: See the optional equipment list below for details on <a href="#">Bag Liners</a> which can add up to 6°C/10°F to the rating of your sleeping bag. <a href="#">Sleeping Pads</a> also provide additional warmth and comfort – this is highly recommended.</p> <p><i>Most Popular:</i> <a href="#">Yeti Passion Five</a>, <a href="#">Yeti Passion Three</a>, <a href="#">Mountain Hardwear Phantom 32</a>, <a href="#">Big Agnes Lost Lake SL 30</a>, <a href="#">MontBell UL SSP Hugger #3</a>, <a href="#">Western Mountaineering Highlite</a>, <a href="#">Western Mountaineering Summerlite</a>, <a href="#">Western Mountaineering Ultralite</a></p>	1
4)	<p><a href="#">HEADLAMP &amp; BACK-UP LIGHT</a></p> 	<p>Competitors are required to carry <b>two</b> light sources – one must be a headlamp; the second can be a headlamp or handheld torch. Both lights must be strong enough to use when on the course at night on uneven terrain.</p> <p><i>Most Popular:</i> <a href="#">Petzl MYO RXP Headlamp (280 Lumens)</a>, <a href="#">Princeton Tec Vizz</a>, <a href="#">Petzl NAO Headlamp (575 Lumens)</a>, <a href="#">Black Diamond Storm</a></p>	2
5)	<p><a href="#">RED FLASHING LIGHT</a></p> 	<p>The red flashing light is required <i>in addition</i> to your headlamp and back-up light. This is to be attached to the rear of your backpack and switched on when you are on the course in the dark.</p> <p><i>Most Popular:</i> <a href="#">The Rough Country® Flashing Safety Light</a></p>	1








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<b>MANDATORY EQUIPMENT</b>			
	<b>Item</b>	<b>Comments</b>	<b>Qty.</b>
6)	<p><a href="#"><u>KNIFE / MULTI-TOOL</u></a></p> 	<p>A small knife / multi-tool has multiple uses during the event. Scissors does <i>not</i> fulfil this requirement.</p> <p><i>Most Popular:</i> <a href="#"><u>Leatherman Micra Mini-Tools</u></a>, <a href="#"><u>Victorinox Tomo Multi-Tools</u></a>, <a href="#"><u>Victorinox Swiss Card</u></a></p>	1
7)	<p><a href="#"><u>WHISTLE</u></a></p> 	<p>To attract attention in case of an emergency. Note that many backpacks include a whistle on the buckle – this is <i>not</i> sufficient. You must have an emergency whistle.</p> <p><i>Most Popular:</i> <a href="#"><u>Jetscream Safety Whistle</u></a></p>	1
8)	<p><a href="#"><u>MIRROR</u></a></p> 	<p>To attract attention in case of emergency. Reflect the sun off the mirror to draw attention to your location.</p> <p><i>Most Popular:</i> <a href="#"><u>Coghlan's Featherweight Mirror</u></a>, <a href="#"><u>Coghlan's Sight Grid Signal Mirror</u></a></p>	1
9)	<p><a href="#"><u>SURVIVAL BIVVY BAG</u></a></p> 	<p>Must be a <b>closed bivvy bag</b> (not a blanket) made of reflective material. We recommend a thick bag that you can repack easily as you may want to use it over your sleeping bag in cold or wet weather conditions.</p> <p><i>Most Popular:</i> <a href="#"><u>Adventure Medical Kits Heatsheets Emergency Bivvy</u></a></p>	1
10)	<p><a href="#"><u>COMPASS</u></a></p> 	<p>Any model is adequate; however, a compass as a part of a watch is <i>not</i> sufficient. Note: There is no navigation in the event. The compass is an emergency gear item.</p> <p><i>Most Popular:</i> <a href="#"><u>Coghlan's Biner with Compass</u></a>, <a href="#"><u>Silva Thermometer Compass</u></a></p>	1
11)	<p><a href="#"><u>EATING UTENSIL</u></a></p> 	<p>Ideally bring more than one in case you lose one.</p> <p><i>Most Popular:</i> <a href="#"><u>The Rough Country® Ultralite Spork</u></a>, <a href="#"><u>Sea-to-Summit AlphaLight Spork</u></a>, <a href="#"><u>Sea-to-Summit Titanium Spork</u></a></p>	1
12)	<p><a href="#"><u>SUNSCREEN</u></a> (60 ml/2 fl oz)</p> 	<p>A minimum of <b>60 ml/2 fl oz</b> is required. Choose a brand with high SPF that is waterproof, sweat-proof and non-greasy. It is recommended to bring the required amount in separate containers in case one is difficult to find, for example <a href="#"><u>Dermotone Sunscreen Lotion</u></a>, <a href="#"><u>Rocky Mountain Sunscreen</u></a> will require 2 pieces in order to make up the required amount.</p> <p><i>Most Popular:</i> <a href="#"><u>Dermotone Sunscreen Lotion</u></a>, <a href="#"><u>Rocky Mountain Sunscreen</u></a>, <a href="#"><u>Cancer Council Australia Sport Sunscreen</u></a></p>	1
13)	<p><a href="#"><u>LIP SUNSCREEN</u></a></p> 	<p>To protect lips from the sun</p> <p><i>Most Popular:</i> <a href="#"><u>Dermotone Medicated Lip Balm</u></a>, <a href="#"><u>Dermotone Lip 'n Face Protection with Z Cote</u></a>, <a href="#"><u>Rocky Mountain Sunscreen Lip Balm</u></a></p>	1
14)	<p><a href="#"><u>MEDICATION</u></a></p>	<p>Bring an adequate <b>7-day supply (at least 12 mild pain relief pills)</b> so that you are not dependent on medication from the event medical team.</p>	7-Day Supply









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<b>MANDATORY EQUIPMENT</b>			
	<b>Item</b>	<b>Comments</b>	<b>Qty.</b>
		<p><b>Important Note:</b> You should seek advice from your doctor about any medication that you plan to take during the race, including any form of painkillers. If you take painkillers, Tylenol / Paracetamol / Acetaminophen are preferred over anti-inflammatory medications such as Ibuprofen / Neurofen / Advil / Motrin / Naprosyn and others. It is NOT advised to take anti-inflammatory medication on the course. Please read the expert article called <a href="#">Painkillers Used during Ultramarathons</a> for more details.</p>	
15)	<p><b><a href="#">BLISTER KIT</a></b></p> 	<p><b>The following list is a minimum requirement. You may need more supplies based on your experience and prior history of foot blisters:</b></p> <ul style="list-style-type: none"> <li>• 10 x alcohol wipes</li> <li>• 2 x hypodermic needles or safety pins</li> <li>• 1 x roll of paper tape (i.e. <a href="#">Micropore</a>)</li> <li>• 1 x roll of elastic tape (i.e. <a href="#">Elastikon</a>)</li> <li>• 5 x <a href="#">Spenco 2nd Skin</a> or <a href="#">Compeed pads</a></li> </ul> <p><b>Note 1:</b> Lubricant such as <a href="#">Bodyglide</a> is also highly recommended. Foot powder is recommended for feet that sweat a lot.</p> <p><b>Note 2:</b> You should try to anticipate the amount of supplies you will need for 7 days. If you do not bring enough supplies, you could be at risk of developing more severe blisters that could jeopardize your ability to finish the race.</p> <p><i>Most Popular:</i> <a href="#">The Rough Country® Blister Kit</a> (includes all blister kit items and practical instruction sheet)</p>	1
16)	<p><b><a href="#">COMPRESSION BANDAGE</a></b></p> 	<p>The minimum size requirement is <b>7.5 cm/3 in wide x 4.5 m/14 ft long</b> (6 cm/2.4 inches in diameter). The compression bandage can be used for strapping an ankle / knee, slinging an arm injury, bandaging a lesion or head wound to prevent bleeding, etc.</p> <p><i>Most Popular:</i> <a href="#">Smith &amp; Nephew Cotton Crepe Bandage</a></p>	1
17)	<p><b><a href="#">SAFETY PINS</a></b></p> 	<p>A minimum of <b>10 safety pins</b> are required for attaching your bib number and event patch and for multiple uses during the event. Heavy duty, large pins work best.</p> <p><i>Most Popular:</i> <a href="#">The Rough Country® Safety Pins</a></p>	10
18)	<p><b><a href="#">ALCOHOL GEL</a></b> (60 ml/2 fl oz)</p> 	<p>A minimum of <b>60 ml/2 fl oz</b> is required. Alcohol wipes <b>cannot</b> replace alcohol gel, but you may choose to carry both.</p> <p><i>Most Popular:</i> <a href="#">Purell Hand Sanitizer</a></p>	1
19)	<p><b><a href="#">TOILET TISSUE / WET WIPES</a></b></p>	<p><b>No tissues or paper will be provided by Event Staff for toilet use. It is recommended to also bring wet wipes (5-10 wipes per day are recommended).</b></p>	7-Day Supply





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<b>MANDATORY EQUIPMENT</b>			
	<b>Item</b>	<b>Comments</b>	<b>Qty.</b>
		<p><i>Most Popular:</i> <a href="#">The Rough Country Lite Hand Towel</a>, <a href="#">The Rough Country Lite Towels</a></p>	
20)	<p><b><u>RUNNING SHOES</u></b>  <a href="#">Men's Trail Running Shoes</a>  <a href="#">Women's Trail Running Shoes</a></p> 	<p><b>Competitors should wear trail or running shoes. Consider buying your shoes 1 to 2 sizes larger than you would normally wear to account for swelling and tape for blisters.</b></p> <p><i>Most Popular Brands:</i> <a href="#">Hoka One One</a>, <a href="#">Asics</a>, <a href="#">Inov-8</a>, <a href="#">Salomon</a>, <a href="#">Montrail</a>, <a href="#">Altra</a>, <a href="#">New Balance</a></p>	1
21)	<p><b><u>SOCKS</u></b></p> 	<p><b>6-7 pairs are recommended to allow a fresh pair for each day but only 2 pairs are compulsory. Many competitors wear two layers.</b></p> <p><i>Most Popular Brands:</i> <a href="#">Drymax</a>, <a href="#">Injinji</a>, <a href="#">SmartWool</a>, <a href="#">Keen</a>, <a href="#">Thyo</a></p>	2
22)	<p><b><u>TIGHTS / SHORTS</u></b>  <a href="#">Men's Tights / Shorts</a>  <a href="#">Women's Tights / Shorts</a></p> 	<p><b>Two pairs of shorts / tights / pants are required. One pair must cover your full leg as it can get very cold.</b></p> <p><i>Most Popular Brands -Tights:</i> <a href="#">2XU</a>, <a href="#">CW-X</a>, <a href="#">Skins</a>, <a href="#">X-Bionic</a>  <i>Most Popular Brands -Shorts:</i> <a href="#">2XU</a>, <a href="#">Salomon</a>, <a href="#">X-Bionic</a>, <a href="#">CW-X</a>, <a href="#">Skins</a></p>	2
23)	<p><b><u>TECHNICAL RUNNING SHIRT</u></b>  <a href="#">Men's Running Shirts</a>  <a href="#">Women's Running Shirts</a></p> 	<p><b>Two shirts are required, including one that is long-sleeved for sun protection and / or warmth in cold temperatures. Quick dry materials in light colors are recommended.</b></p> <p><i>Most Popular Brands:</i> <a href="#">2XU</a>, <a href="#">RaidLight</a>, <a href="#">Salomon</a>, <a href="#">X-Bionic</a>, <a href="#">Outdoor Research</a>, <a href="#">Patagonia</a>, <a href="#">Mountain Hardwear</a></p>	2
24)	<p><b><u>WARM LONG-SLEEVE TOP</u></b>  <a href="#">Men's Fleece Jackets / Down Jackets</a>  <a href="#">Women's Fleece Jackets / Down Jackets</a></p> 	<p><b>Temperatures can get very cold. This must be a warm top (preferably fleece or down jacket). An alternative is a thick, long-sleeve capilene top.</b></p> <p><i>Most Popular:</i> <a href="#">2XU G:2 Micro Thermal Jacket</a>, <a href="#">Icebreaker 260 Quattro LS Zip Hood Jacket</a>, <a href="#">RaidLight MicrofleeceTrail Raider Jacket</a>, <a href="#">OMM Radian Top</a>, <a href="#">Yeti Purity Lightweight down jacket</a>, <a href="#">Yeti Vicenca Micro Chamber Down Jacket - Women's</a></p>	1
25)	<p><b><u>WATERPROOF JACKET</u></b>  <a href="#">Men's Waterproof Jackets</a>  <a href="#">Women's Waterproof Jackets</a></p> 	<p><b>The jacket must be fully waterproof (preferably also windproof) to keep you dry and warm.</b></p> <p><i>Most Popular:</i> <a href="#">Berghaus VapourLight Hyper Smock</a>, <a href="#">Montane Minimus Smock Jacket</a>, <a href="#">Rab Kinetic Jacket</a>, <a href="#">Outdoor Research Helium II Jacket</a></p>	1




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<b>MANDATORY EQUIPMENT</b>			
	<b>Item</b>	<b>Comments</b>	<b>Qty.</b>
26)	<p><a href="#"><u>RAIN PONCHO</u></a></p> 	<p>Required for additional warmth and wet protection. A rain poncho is lightweight and easy to put on/take off when the weather changes.</p> <p><i>Most Popular:</i> <a href="#">Coghlan's Emergency Poncho</a>, <a href="#">RaidLight Safety Poncho</a></p>	1
27)	<p><a href="#"><u>CAP WITH NECK COVER</u></a></p> 	<p>It is required that you wear a cap with a neck cover (such as legionnaire design) or have a cap with a Buff® to cover both your head and neck.</p> <p><i>Most Popular:</i> <a href="#">Outdoor Research Sun Runner Cap</a>, <a href="#">Sea To Summit The Mullet Cap</a>, <a href="#">Salomon XA + Cap II</a>, <a href="#">Sunday Afternoons Sun Guide Cap</a></p>	1
28)	<p><a href="#"><u>WARM HAT</u></a></p> 	<p>For warmth in the cold. A Buff® <i>does not</i> fulfill this requirement.</p> <p><i>Most Popular:</i> <a href="#">Icebreaker Pocket Beanie</a>, <a href="#">Sealskinz Beanie Hat</a>, <a href="#">Montane Fireball Hat</a></p>	1
29)	<p><a href="#"><u>GLOVES</u></a></p> 	<p>For warmth in the cold. Full finger gloves are required.</p> <p><i>Most Popular:</i> <a href="#">2XU All Season Running Gloves</a>, <a href="#">Icebreaker Quantum Liners</a>, <a href="#">Montane Power Dry Gloves</a>, <a href="#">Black Diamond Light Weight Gloves</a></p>	1
30)	<p><a href="#"><u>SUNGLASSES</u></a></p> 	<p>Any pair of UV protection sunglasses. Only 1 pair is mandatory but it is recommended to take 2 pairs.</p> <p><i>Most Popular Brands:</i> <a href="#">Julbo</a>, <a href="#">Oakley</a></p>	1
31)	<p><a href="#"><u>NATIONALITY PATCHES</u></a></p> 	<p>You must wear nationality patches on both sleeves of all tops (including jackets) throughout the event. These are in addition to the RacingThePlanet patches which are provided by us.</p> <p>Nationality flags can be silkscreened onto all tops instead of using patches – see the <b>Patch Placement Instructions</b> in the Competitor Area of the website for more details.</p> <p><i>Most Popular:</i> <a href="#">The Rough Country® Nationality Patches</a></p>	All Tops
32)	<p><a href="#"><u>RACINGTHEPLANET PATCHES</u></a></p> 	<p>We will send you these patches approximately 8 weeks before the event. You do <i>not</i> need to purchase these.</p> <p>The RacingThePlanet logo can be silkscreened onto all tops instead of using patches – see the <a href="#">Patch Placement Instructions</a> in the Competitor Area of the website.</p>	All Tops
33)	<p><a href="#"><u>HYDRATION SYSTEM</u></a></p> 	<p>You must be able to carry containers that can hold <b>2.5 liters</b> of water at all times. We advise having capacity for 1.5 liters in <b>bottles</b> or a <b>bladder</b> that are easy to access and fill up. In addition to this, you must have a separate <a href="#">Platypus SoftBottle</a> for 1.0 liter (or 2 soft bottles for 0.5L), which folds up inside your backpack, when not being used.</p>	1

**EQUIPMENT LIST**

<b>MANDATORY EQUIPMENT</b>			
	<b>Item</b>	<b>Comments</b>	<b>Qty.</b>
		<ul style="list-style-type: none"> <li>• <b>Bottles:</b> These allow for more flexibility – they can be attached to the shoulder straps of your backpack, put in a front pack, kept in the backpack with a SmarTube or carried by hand.</li> <li>• <b>Hydration bladders:</b> A popular choice, but sometimes difficult to know how much fluid you have drunk; can also be difficult to fill quickly.</li> </ul> <p><i>Most Popular:</i> <a href="#">The Rough Country Bottles (2 options of straws)</a>, <a href="#">SmarTubes</a>, <a href="#">The Rough Country® Bottle Holders</a>, <a href="#">Platypus SoftBottle</a></p>	
34)	<p><b><u><a href="#">ELECTROLYTES / SALT TABLETS</a></u></b></p> 	<p>Maintaining your body's electrolyte balance is critical for a safe race. It is strongly recommended to bring a mixture of electrolyte tablets AND electrolyte drink powders. <b>You must bring a minimum of:</b></p> <ul style="list-style-type: none"> <li>• <i>Enough powder to make a minimum of 30 liters of drink OR</i></li> <li>• <i>Enough salt tablets / Endurolytes for 30 hours on the course (usually minimum is 1.5 tablets per hour=45 tablets) OR</i></li> <li>• <i>A combination of both, e.g. powder for 15 liters of water and tablets for 15 hours on the course.</i></li> </ul> <p>If you expect to spend more than 30 hours on the course then you should increase this accordingly. It is vital that you test your electrolyte plan during your training and follow the amounts recommended on the packets.</p> <p><i>Most Popular Brands:</i> <a href="#">Hammer Endurolyte Fizz</a>, <a href="#">Nuun</a></p>	7-Day Supply
35)	<p><b><u>7-DAY FOOD SUPPLY</u></b></p>	<p>You are responsible for your own food for the entire event. You need a meal for Camp 1 the night before the race starts PLUS a <b>minimum of 2,000 calories/day</b> during the race (7 days).</p> <ul style="list-style-type: none"> <li>• Pre-event: One (1) meal for Saturday evening</li> <li>• During the event: Minimum of 14,000 calories</li> </ul> <p><b>Note:</b> If this is your first 4 Deserts / Roving Race, we strongly recommend that you bring more than 14,000 Cal.</p>	Min. 14,000 Cal
	<p><b><u>Dried Meals</u></b></p> 	<p><b>We recommend using dried meals as your main food source. Hot water will be available at all campsites.</b></p> <p><i>Most Popular:</i> <a href="#">Expedition Foods</a> (freeze dried, high calorie meals)</p>	
	<p><b><u>Energy Bars / Gels</u></b></p> 	<p><b>To avoid an upset stomach, be sure to test your bars and gels during training.</b></p> <p><i>Most Popular:</i> <a href="#">Clif</a>, <a href="#">GU</a>, <a href="#">Hammer Bars &amp; Gels</a>, <a href="#">Jelly Belly Sport Beans</a>, <a href="#">PowerBar</a>, <a href="#">Honey Stinger</a></p>	

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MANDATORY EQUIPMENT			
Item	Comments	Qty.	
<p><b><u>Nutrition Supplements</u></b></p> 	<p><b>There are a lot of choices. The ones listed are recommended by past competitors.</b></p> <p><i>Most Popular:</i> <a href="#">Perpetuem by Hammer</a>, <a href="#">Hammer Recoverite</a>, <a href="#">Hammer Sustained Energy</a></p>		
<p><b><u>Drink Mixes</u></b></p> 	<p><b>Bring your favourite drink mixes for mornings and evenings around camp.</b></p> <p><i>Most Popular:</i> Coffee, Tea, Hot Chocolate</p>		
<p><b><u>Snacks</u></b></p> 	<p><b>An important part of your food supply. We recommended bringing a good variety of snacks.</b></p> <p><i>Most Popular:</i> Beef Jerky, Instant Noodles, Dried Fruit, Potato Chips, Parmesan Cheese, Instant Oatmeal</p>		



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**DROP BAG**

Weather in Ecuador is unpredictable. At the higher sections it will be cold and could rain (although this is the non-rainy season). For this reason we are requiring all competitors to bring an additional waterproof bag with extra warm clothing that will be stored at each Camp. It is essential that these are inside a fully waterproof bag to ensure all the items inside stay dry. Note that it is likely that you *won't be able to access* the drop bag during the week, as it is an emergency item.

MANDATORY EQUIPMENT			
<b>DROP BAG</b>			
	Item	Comments	Qty
36)	<a href="#"><u>WATERPROOF BAG (25-35L)</u></a> 	<p>You must bring this in addition to the waterproof bag that you have on the course. This is to keep your drop bag items dry. Please make sure this made from durable material.</p> <p><i>Most Popular:</i> <a href="#"><u>SealLine Baja Dry Bag 30L</u></a>, <a href="#"><u>Exped Cloudburst 25L</u></a></p>	1
37)	<p><a href="#"><u>WARM FLEECE / BASELAYER / MIDLAYER</u></a>  <a href="#"><u>Men's Fleece / Mid / Baselayer</u></a>  <a href="#"><u>Women's Fleece / Mid / Baselayer</u></a></p> 	<p>Two warm fleece or expedition weight baselayer shirts are required.</p> <p><i>Most Popular:</i> <a href="#"><u>Icebreaker</u></a>, <a href="#"><u>Marmot</u></a>, <a href="#"><u>Patagonia</u></a></p>	2
38)	<p><a href="#"><u>WARM LONG PANTS</u></a>  <a href="#"><u>Men's Pants</u></a>  <a href="#"><u>Women's Pants</u></a></p> 	<p>Any kind of warm long pants are sufficient. Warm but lightweight materials recommended.</p> <p><i>Most Popular:</i> <a href="#"><u>Marmot</u></a>, <a href="#"><u>Montane</u></a>, <a href="#"><u>Mountain Hardwear</u></a></p>	1
39)	<p><a href="#"><u>WATERPROOF PANTS / TROUSERS</u></a>  <a href="#"><u>Men's Pants / Trousers</u></a>  <a href="#"><u>Women's Pants / Trousers</u></a></p> 	<p>Waterproof and breathable lightweight material is recommended to keep dry in wet weather conditions.</p> <p><i>Most Popular:</i> <a href="#"><u>Marmot Precip NanoPro Pants</u></a>, <a href="#"><u>Montane Minimus Pants</u></a>, <a href="#"><u>RaidLight Vertical Shelter Pant</u></a></p>	1
40)	<p><a href="#"><u>WARM SOCKS</u></a></p> 	<p>Woollen socks recommended for providing warmth and keeping your feet dry. These are in addition to the socks you have on the course.</p> <p><i>Most Popular Brands:</i> <a href="#"><u>Drymax</u></a>, <a href="#"><u>SmartWool</u></a>, <a href="#"><u>Keen</u></a>, <a href="#"><u>Icebreaker</u></a></p>	2
41)	<p><a href="#"><u>WARM HAT</u></a></p> 	<p>For warmth in the cold. A Buff<sup>®</sup> <i>does not</i> fulfil this requirement.</p> <p><i>Most Popular:</i> <a href="#"><u>Icebreaker Pocket Beanie</u></a>, <a href="#"><u>Sealskinz Beanie Hat</u></a>, <a href="#"><u>Montane Fireball Hat</u></a></p>	2
42)	<p><a href="#"><u>GLOVES</u></a></p> 	<p>For warmth in the cold. Full finger gloves are required.</p> <p><i>Most Popular:</i> <a href="#"><u>2XU All Season Running Gloves</u></a>, <a href="#"><u>Icebreaker Quantum Liners</u></a>, <a href="#"><u>Montane Power Dry Gloves</u></a>, <a href="#"><u>Black Diamond Light Weight Gloves</u></a></p>	2

## EQUIPMENT LIST

### OPTIONAL EQUIPMENT (NOT MANDATORY, BUT SUGGESTED)

*Note: "Most Popular" items are available at the [RacingThePlanet Store \(International\)](#) and the [RacingThePlanet Store \(Europe\)](#). Store items can be found using the "Shop By Activity" option for [RacingThePlanet: Ecuador 2015](#). Use the "Compare Products" feature to see which items suit you best.*

OPTIONAL EQUIPMENT			
	Item	Comments	Qty.
1)	<a href="#">SLEEPING PAD</a>	Select a small size to save weight or a regular size for added comfort and warmth. Self-inflating pads are light, but can be difficult to eliminate air for packing and can puncture. Tents provided in the event do not have any ground padding. <b>Highly recommended for insulation against the cold ground at night.</b> <i>Most Popular:</i> <a href="#">Therm-a-Rest Prolite</a> , <a href="#">Therm-a-Rest Z Lite</a> , <a href="#">Therm-a-Rest NeoAir Xlite</a> , <a href="#">Klymit</a>	1
2)	<a href="#">SLEEPING BAG LINER</a>	Sleeping bag liners are a great way to add additional warmth to lightweight sleeping bags. Most bag liners add approximately 6°C/10°F. <b>This can be used towards your sleeping bag rating.</b> <i>Most Popular:</i> <a href="#">Sea-to-Summit Premium Silk Liner w/ Stretch Panels</a> , <a href="#">Sea-To-Summit Reactor Thermolite Liner</a> , <a href="#">Coghlan's Bag Liner</a>	1
3)	<a href="#">GAITERS</a>	This is a personal choice - some wear gaiters, others do not. Ankle gaiters keep debris out of your shoes Recommended for the dust roads in Ecuador. <i>Most Popular:</i> <a href="#">The Rough Country Trail Running Gaiters</a> , <a href="#">The Rough Country Silkworm Gaiters</a>	1
4)	<a href="#">THERMAL UNDERWEAR</a> Men's <a href="#">Underwear</a> / <a href="#">Baselayers</a> Women's <a href="#">Underwear</a> / <a href="#">Baselayers</a>	Provides warmth at nights and during chilly days. Warm but thin base layer clothing made out of merino wool is ideal. <i>Most Popular Brands:</i> <a href="#">Icebreaker</a> , <a href="#">Odlo</a> , <a href="#">Smartwool</a>	2
5)	<a href="#">SPORTS BRA</a>	Women's comfort <i>Most Popular:</i> <a href="#">2XU Ultimate Endurance Bra</a> , <a href="#">2XU Contour Support Bra</a> , <a href="#">CW-X Versatx Support Bra</a> , <a href="#">Icebreaker Sprite Racerback Bra</a> , <a href="#">Zensah Seamless Running Bra</a> , <a href="#">Skins A200 Speed Crop Top</a>	3
6)	<a href="#">SCARF / HEADGEAR</a>	A Buff® is ideal as it can be used for multiple purposes - scarf, headgear, sweatband, etc. Highly recommended. <i>Most Popular:</i> <a href="#">RacingThePlanet High UV Protection Buff</a>	2
7)	<a href="#">COMPRESSION SOCKS</a>	Socks to help with your recovery process at the end of each day <i>Most Popular Brands:</i> <a href="#">2XU</a> , <a href="#">Compressport</a> , <a href="#">CW-X</a> , <a href="#">Zensah</a>	1
8)	<a href="#">FLIP FLOPS / SLIPPERS</a> <a href="#">Men's Footwear</a> <a href="#">Women's Footwear</a>	For walking around camp and post-race comfort – choose the lightest model you can find <i>Most Popular Brands:</i> Keen, Sole, Crocs	1
9)	<a href="#">TREKKING POLES</a>	Useful if you intend to walk the majority of the course.	1

**EQUIPMENT LIST**

<b>OPTIONAL EQUIPMENT</b>			
	<b>Item</b>	<b>Comments</b>	<b>Qty.</b>
		<b>You must train with poles if you plan to use them.</b>  <i>Most Popular Brands:</i> <a href="#">Black Diamond</a> , <a href="#">Komperdell</a> , <a href="#">RaidLight</a>	
10)	<a href="#">CHEST / HIP PACKS</a>	<b>Chest and hip packs can increase capacity without additional load on your back</b>  <i>Most Popular Brands:</i> <a href="#">Inov-8</a> , <a href="#">OMM</a> , <a href="#">RaidLight</a>	1
11)	<a href="#">SHOULDER PADS</a>	<b>Attach these pads to the shoulder straps of any backpack for extra padding to increase the comfort</b>  <i>Most Popular:</i> <a href="#">The Rough Country® Shoulder Pads</a>	1
12)	<a href="#">WATERPROOF / SAND-PROOF BAGS,</a> <a href="#">COMPRESSION BAGS,</a> <a href="#">ZIP-LOCK BAGS</a>	<b>Pack your food and small items in zip-lock bags. For valuable items (i.e., cameras &amp; passports), you may consider waterproof / sandproof bags.</b>  <i>Most Popular Brands:</i> <a href="#">Aloksak</a> , <a href="#">Outdoor Research</a> , <a href="#">Sea-to-Summit</a>	10
13)	<a href="#">EATING TIN / CUP</a>	<b>Useful for cooking at the camp fire and eating. Many people cut the top off plastic bottles provided at the event to use as cups.</b>  <i>Most Popular:</i> <a href="#">Snow Peak Titanium Cups</a> , <a href="#">Sea-To-Summit X-Mug</a>	1
14)	<a href="#">TOWEL</a>	<b>For cleaning off at camp</b>  <i>Most Popular:</i> <a href="#">The Rough Country Lite Hand Towel</a> , <a href="#">Sea-To-Summit Pocket Towel</a>	1
15)	<a href="#">TOOTHBRUSH &amp; TOOTHPASTE</a>	<b>A small-sized travel toothbrush is recommended</b>  <i>Most Popular:</i> <a href="#">Toob Brush</a>	1
16)	<a href="#">INSECT REPELLENT</a>	<b>You may come across flies and mosquitos</b>  <i>Most Popular Brands:</i> <a href="#">Bushman</a> , <a href="#">Para'Kito</a>	1
17)	<a href="#">WRISTWATCH / INSTRUMENT</a>	<b>A watch alarm and timer can be useful. Speed and distance monitor (pedometer), barometer and heart rate monitors can also provide interesting feedback.</b>  <i>Most Popular Brands:</i> <a href="#">Garmin</a> , <a href="#">Polar</a> , <a href="#">Suunto</a> , <a href="#">Mio</a> , <a href="#">Soleus</a>	1
19)	<a href="#">GPS</a>	<b>Choose a model that uses changeable batteries (<i>not</i> rechargeable batteries) as competitors will not have access to power for re-charging. Note: The course is marked every 25 meters and GPS coordinates are not provided. A GPS is most useful for tracking distance.</b>  <i>Most Popular Brand:</i> <a href="#">Garmin</a>	1
20)	<a href="#">CAMERA</a>	<b>If your camera is not waterproof, keep it in double zip lock bags. Note: A charging device is recommended as competitors will not have access to power for recharging.</b>	1

**EQUIPMENT LIST**

<b>OPTIONAL EQUIPMENT</b>			
	<b>Item</b>	<b>Comments</b>	<b>Qty.</b>
21)	<a href="#"><u>iPod &amp; Headphones</u></a>	<p>Keep music players in waterproof / sandproof bags.  <b>Note: A charging device is recommended as competitors will not have access to power for recharging.</b></p> <p><i>Most Popular Brand:</i> <a href="#"><u>Outdoor Technology Tags Wireless Earbuds</u></a>, <a href="#"><u>Yurbuds</u></a>, <a href="#"><u>Polk</u></a></p>	1
22)	<b>PORTABLE CHARGER</b>	<p><b>A way to charge your powered devices</b></p> <p><i>Most Popular Brand:</i> Powertraveller</p>	1
23)	<b><u>BOOK / MAGAZINE</u></b>	<b>Tear out pages you plan to read</b>	1
24)	<b><u>TRAINING BOOKS / MAPS</u></b>	<b>Materials to prepare for and read during the event</b>	1