Equipment - Mandatory Kits La Transtica

The organization **imposes** to each runner to carry **all along the race a safety kit and a first aid kit**:

1) Mandatory safety kit:

- A backpack adapted to the trail or equivalent with a bladder or cans with 1,5 litre capacity, to be filled of water at the start of each stage.
- Eco Cup
- Headlight with new batteries.
- Emergency survival blanket.
- Whistle.
- Cap.
- Light waterproof and breathable jacket

2) Mandatory first aid kit:

- Sun protection set
- Elastoplast tape minimum 2,50 long by 8or 9 cm large.
- Small Scissors.

Additionally, we also recommend the following equipment:

- Long gloves and long spindle or leggings for some stages.
- Under clothes
- Clock with GPS.
- Mobile phone.
- Race road book.
- Antiseptic (liquid mono dose).
- Band-Aids, compresses.
- Wound dressing set
- Double skin (such as biofilm, urgomed) for bulbs.
- Petroleum jelly.

3) Running Equipment (according to weather conditions):

- A breathable T-shirt.
- Long running tights (rainy, cold or bad weather).
- Short running tights (good weather conditions).
- Running socks (without sewing, anti-sliding).
- Trail shoes (already used).

4) Controls:

The race judges may control the mandatory equipment before, during or after each stage.
Any runners missing the mandatory kits may be stopped or penalized.

5) Luggage:

Our staff will forward **one travel bag per runner, maximum capacity of 100 litres**, from one camp to the other.
We recommend duffle bag or backpack, waterproof if possible.

6) Bivouac (camp) equipment:

- A sleeping bag.
- An inflatable (ideally self inflating) mattress (**no *beds in the camps*).**
- Change of clothes (including warm clothes).
- Shoes to relax and to refresh your feet after running.
- Airtight plastic bag to protect your stuff.
- A vanity case and a towel.
- Pair of laces.
- New batteries for the headlight.
- A needle and sewing thread.
- Repellent for mosquitoes.

Toilets and showers (fresh) will be available on each camp.

7) Individual medicine kit:

The medical team encourages you to ask for advices to your chemist or to your doctor to help you to constitute your own medicine kit.
This information bellow comes from our experience and is being given only for informative purpose.

- Biafine.
- Eyewash antiseptic, physiological serum doses.
- Analgesic, aspirin or paracetamol or Ibuprofen.
- Antispasmodic.
- Intestinal antiseptic.
- Pills in case of transit troubles.
- Broad spectrum antibiotic in case of infection.
- Anti-inflammatory: to cure tendinitis, traumatisms, lumbagos ...
- Eosin individual doses
- Any medicine treatments you may have for two weeks.