



RAID - XXIII^{ème} EDITION

CENTRALESUPELEC

EQUIPMENT FOR THE 2021 RAID –TransAlpia

Obligatory equipment

Per team:

- A **graduated** compass and tracing material :rulers, markers, pencils
- A charged mobile phone able to call in France (to be used in case of emergency) and that has a waterproof case (in case of rain)
- A pump, bike tire irons, bike repair patches, a multi-tools key and a chain tool (to repair mountain bikes during the race)
- A whistle
- A first aid kit (containing at least a disinfectant spray, gauze compresses, plaster, traditional band-aids and anti-blister bandages. ...)
- A minimum stock of food for the hazards that may happen during the race

Per participant :

- **Warm clothes** and a **raincoat**
 - Trail shoes
 - A pair of running shoes for white-water activities
 - Mountain bike **gloves**
 - A backpack to carry food, water and small equipment during the race
 - A water bottle or backpack with a hydration bladder
 - A headlamp with a spare battery
 - Your eyeglasses if you wear contact lens
- For accommodation at the camp (the stuff is carried by the staff):
- A tent
 - A sleeping mat
 - A **warm duvet** or sleeping bag (comfort 5°C minimum): temperatures are likely to be around 0°C in the mountains!
 - One label per piece of luggage to indicate your team number
 - An emergency survival blanket
 - A tupper (lunchbox) and cutlery to always carry with you (no disposable tableware will be distributed)

Recommended equipment

- A swimming costume
- Sun protection : sunglasses and sun cream
- An elastic band to pull the other members of the team and screw gate for running (only)
- Spare inner tubes
- A spare bicycle chain (for 9 gears)
- One pair of trekking poles per team (in case of tendinitis)
- A light knee pad
- A map holder without protruding edge for mountain bike
- A large rubbish bag (to put your spare clothes in if your luggage is not waterproof)

Forbidden equipment

- Positioning Systems (GPS, IGN map, map, MyTrails...)
- Personal means of transport
- Weapons (all categories), alcohol, doping substances and drugs
- Physical modifications on mountain bikes such as automatic pedals and compressed air capsules.