

## PRELIMINARY EQUIPMENT LIST

### MANDATORY EQUIPMENT

RECOMMENDED MAKES AND MODELS ARE SHOWN BELOW EACH ITEM  
(YOUR EQUIPMENT WILL BE REVIEWED AT CHECK-IN AT THE HOTEL TO ENSURE THAT YOU  
HAVE ALL THE MANDATORY ITEMS)

*Note: The 'X' indicates items available at [www.racingtheplanet.com/store](http://www.racingtheplanet.com/store)  
Visit us on-line: International Store (Hong Kong) or European Store*

*All store items can be found using the "Shop By Event" option: [RacingThePlanet: Nepal 2011](#)*

*Use our store's "Compare Products" feature to see which items suit you best*

MANDATORY EQUIPMENT				
	Item/Type	Comments	Qty.	Store
<b>GEAR</b>				
1)	<b><u>BACKPACK / RUCKSACK</u></b>	<b>Capable of carrying at least all the Mandatory and Optional Equipment you choose. A 25-30 liter backpack is optimal. Note: There is no one backpack model that works for everyone.</b>	1	
	RaidLight Runner R-Light – 30L	Ultra-light, multifunctional bag. 30 liters (backpack) + 1 bottle.		X
	RaidLight Evolution 2 – 20L	Ultra-light, multifunctional bag. 20 liters (backpack) + 4 liters (frontpack).		X
	RaidLight Ultra-Light OLMO 20L Backpack with 2 Bottles	The 360g Marco Olmo backpack was designed for his numerous participations in ultramarathons.		X
	OMM Classic Marathon 32L	The definitive lightweight pack for those who want to carry more equipment.		X
	OMM Classic Marathon 25L	The definitive lightweight pack for those who want to travel light.		X
	Inov-8 Race Elite 25	An extreme lightweight pack ideal for mountain marathons and longer runs.		X
	Inov-8 Race Pro 30	An elite functional lightweight hydration compatible pack.		X
	Aarn Marathon Magic Bodypack 22L & 33L (available in the UK)	A pack designed with body movement and stability in mind. Hugs the body even when full of gear.		X
□	<b><u>Pack Accessories</u></b>			
	RaidLight Equilibre Front-Pack 4L	Enhances gear accessibility and balance.		X
	OMM Trio Chest Pouch 4L	Enhances gear accessibility and balance.		X
	OMM Waist Pouch 3L	Use with a pack with shorter back such as the OMM Adventure Light or Classic 25.		X
	GoMotion Sport Runner LiteBelt	A contoured, waist-level LED running belt.		X
2)	<b><u>SLEEPING BAG</u></b>	<b>Your sleeping bag plus bag liner must have a combined rating down to a minimum of 0°C / 32°F. *See the optional equipment list for details on <a href="#">Bag Liners</a></b>	1	
	Mountain Hardwear Phantom 32	Light, warm and compact. Offers versatility.		X

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	(short, regular or long available)	Temperature rated down to 0°C/32°F.		
	Marmot Hydrogen (regular or long)	Lightweight and great for cool weather. Temperature rated down to -1°C/30°F.		X
	Marmot Atom (regular or long)	Ultra-lightweight, high quality design. Temperature rated down to 5°C/40°F.		X
	Big Agnes Pitchpine with Air Core Mummy Pad (regular or long)	Comes with it's own sleeping pad sleeve. Temperature rated down to 5°C/40°F.		
	Western Mountaineering Summerlite	Light-weight, fully-baffled bag with a full zipper and insulation. Temperature rated down to 0°C/32°F.		X
	Western Mountaineering Highlight	Light-weight and low bulk. Temperature rated down to 2°C/35°F.		X
	RaidLight Sleeping Bag	Ultra-light bag that transforms into a jacket. Temperature rated down to 5°C/40°F.		X
3)	<b><u>HEADLAMP and BACK-UP</u></b>	<b>Competitors are required to carry both a headlamp and a back-up light source during the event. The back-up light must be of equal strength to the primary headlamp – it can be either another headlamp or a handheld torch.</b>	2	
	Black Diamond Spot LED	A good option for the primary light source. Shines for 34-70 meters.		X
	Black Diamond Cosmo LED	Primary light source. Shines up to 28 meters.		X
	Princeton Tec EOS	Primary light source. Has 50 lumens and shines for a distance of 50 meters.		X
	Princeton Tec Scout	A quality back-up light source. Has 10 lumens and shines for a distance of 8-15 meters.		X
	Petzl MYO XP	Works well as a primary light source. Has 150 lumens and shines for up to 94 meters.		
	Petzl Tikka 2 Plus	A great primary light source. Shines for 13-35 meters.		X
	Petzl Tikka 2	A great primary light source. Shines for 13-29 meters.		X
	Petzl e+LITE	A quality back-up light source. Shines for 11-19 meters but has a low number of lumens.		X
4)	<b><u>COMPASS</u></b>	<b>Any model will be adequate. Note: <u>there is no navigation in the event</u>; this is to be carried as part of your emergency gear.</b>	1	
	Silva 40 Watch Compass	Fits nicely on a watch strap.		X
	Silva Compass Carabiner 9	A handy little compass with an integrated carabiner.		X
	Silva 1 Explorer	Luminous points for night navigation.		X
5)	<b><u>SAFETY PINS</u></b>	<b>Used for attaching your bib number and event patch to your clothing / backpack as well as during the event for other uses. Heavy duty large safety pins are best.</b>	20	X

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6)	<a href="#"><u>KNIFE or MULTI-TOOL</u></a>	<b>A small knife or multi-tool has multiple uses during the event.</b>	1	
	4 Deserts SwissCard	All the essential multi-tool items (knife, scissors, etc.) in a compact card form.		X
	Victorinox Classic SD	Compact and convenient keychain size knife.		X
	Gerber Shortcut Mini-Tool	A serious tool in a small package.		X
	Gerber Clutch Mini-Tool	A serious tool in a small package.		X
7)	<a href="#"><u>WHISTLE</u></a>	<b>To attract attention in case of an emergency. Note that many backpacks include a whistle on the buckle – it is recommended to bring a stronger whistle in addition to this.</b>	1	
	Jetscream Whistle	Flat enough to fit in your pocket.		X
	Coghlan's Four Function Whistle	A combination of four useful features in one compact package.		X
	Lifesystems Survival Whistle	Made from a toughened plastic material.		X
8)	<a href="#"><u>SMALL MIRROR</u></a>	<b>To be used as an emergency item to produce a signal with the sun.</b>		
9)	<a href="#"><u>SURVIVAL BIVVY / BLANKET</u></a>	<b>Must be made of reflective material. Bivvys or bags are recommended over blankets because blankets trap less body heat.</b>	1	
	Space® brand emergency bag	Protection in a lightweight compact bag.		X
	Space ® brand emergency blanket	Protects against elements of nature.		X
	Rab Storm Bivi	Lightweight, waterproof and breathable bivi.		X
	Adventure Medical Kits Headsheet	105 grams / 3.7 ounces emergency bivvy.		X
	Adventure Medical Kits ThermoLite	195 grams / 6.9 ounces bivvy sack.		X
	Coghlan's Emergency Bag	Simple lightweight option.		X
10)	<a href="#"><u>SUNSCREEN</u></a> - 29.5ml / 1 fl oz minimum	<b>Choose a high SPF brand which is waterproof, sweat proof and non-greasy. It is recommended to bring the required amount in two separate containers just in case one is lost or hard to find.</b> <b>* <a href="#"><u>Lip Sunscreen</u></a> is also mandatory</b>	1	
	Dermatone Sunblock Lotion with Z-Cote - SPF 36	Waterproof & moisturizing. Z-cote adds essential protection against UVA rays.		X
	Dermatone No-Touch Sunblock Lotion - SPF 30	Fragrance free, waterproof, and sweat proof.		X
	SmartShield SPF 30 Sunscreen Lotion with Avobenzone	This light, oil-free formula is waterproof and sweat proof.		X
	SmartShield SPF 30 Gel with Avobenzone	Great for people with oily skin. Waterproof gel contains moisturizing and healing Aloe.		X
	Dermatone Sun & Bug Combo, SPF 25 with Insect Repellent	Insect repellent for 3 hours, UVA & UVB protection; water proof and sweat proof.		X
11)	<a href="#"><u>LIP SUNSCREEN</u></a>		1	

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	Dermatone Medicated Lip Balm	Protects and conditions lips.		X
	Dermatone Spot Protection Stick	Protects lips against sun, wind, and cold.		X
	Dematone Lip 'n Face Protection Crème with Z-Cote, SPF 30	Great for skin that is super sensitive to the sun. (Highly recommended by all dermatologists to prevent skin cancer).		X
12)	<b><u>BLISTER KIT</u></b>	<p><b>The following is a minimal requirement, but you may need more supplies based on your experience and prior history of foot blisters. You should try to anticipate the amount of supplies you might need. Note, that if you do not bring enough supplies, you could be at risk for developing more severe blisters that could impede your ability to finish the race.</b></p> <ul style="list-style-type: none"> <li>* 10 alcohol wipes</li> <li>* 2 hypodermic needles or safety pins</li> <li>* 1 roll x papertape (i.e. micropore)</li> <li>* 1 roll of elastic tape (i.e. Elastikon)</li> <li>* 5 Second Skin or Compede pads</li> </ul>	1	
	RacingThePlanet® Blister Kit	Basic Blister Kit or Blister Kit with Hydropel. They both contain or all the minimum items listed above plus additional items which are highly recommend. It is also includes a simple blister kit instruction manual.		X
	Blist-o-Ban	Highly recommended. Prevent blisters from forming, because the easiest way to treat blisters is to not get them in the first place.		X
	Spenco 2nd Skin Jar 48 - 3" Circles (non-sterile)	Moist pads which help protect hot spots against friction and pressure, reducing the chance of blisters and skin irritation.		X
	Spenco 2nd Skin Jar 200 - 1" Squares (non-sterile)	As above but in different sized pieces.		X
	Spenco 2nd Skin Adhesive Knit			X
	Benzoin Swabstick	Benzoin swabsticks assures good adhesion of tape and protects against skin breakdown.		X
13)	<b><u>MEDICATION</u></b>	<b>Anti-inflammatory medication and mild pain relief for head and foot aches such as ibuprofen and aspirin.</b>	12	
14)	<b><u>ALCOHOL GEL</u></b> - 59 ml / 2 fl oz minimum	<b>Alcohol wipes CANNOT replace alcohol gel.</b>	1	
	Purell Hand Sanitizer	Kills 99.9% of most common germs.		X
15)	<b><u>RED FLASHING LIGHT</u></b>	<b>This is to be worn on the rear of your backpack and to be switched on when you are on the course in the dark.</b>	1	
	Flashing LED Safety Light	Flashing LED Safety Light		X

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<b>CLOTHING</b>				
16)	<b>JACKET</b> <a href="#">Men's Jackets</a> <a href="#">Women's Jackets</a>	Many brands will be appropriate, but make sure that the jacket will keep you warm at night when it can get cold. Another option is using base-layering clothing.	1	
	Mountain Hardware	Power Stretch Zip T, MicroChill Jacket, Le Hoody Royale, Compressor PL Jacket, Nitrous Jacket, etc.		X
	Patagonia	Capilene Zip-ups (1 to 4), Guide Jacket, Alpine Wind Jacket, Down Sweater, Micro Puff Jacket, Houdini Full Zip, Phone Home Jacket, Radiant Jacket, etc.		X
	Marmot	Ion Windshirt, DriClime Windshirt, Approach Jacket, Boulder Hoody Jacket, Zeus Jacket, Leadville Jacket, Prelip Jacket, Venus Jacket, Tempo Jacket, etc.		X
	Montane	Featherlite Marathon Jacket.		X
	Icebreaker	Body Fit Tech Top, Rapid Zip Thru, etc.		X
17)	<b>LONG TROUSERS / PANTS OR TIGHTS</b> <a href="#">Men's Tights</a> <a href="#">Women's Tights</a>	One pair of long trousers / pants or tights is mandatory. Many people choose to take two pairs or a pair of shorts in addition to the long trousers / pants or tights.	1	
	CW-X Tights (Stabilix, Pro or Expert)	Compression gear which provides support to key muscle groups and joints.		X
	SKINS Tights (Sport, She, or ICE Series)	Body-moulded compression gear aimed at providing support and muscle alignment.		X
	Orca Tights and Shorts	Performance compression tights.		X
	2XU Tights and Shorts	Performance compression tights.		X
	Mountain Hardware	Power Stretch Tights (men), Solano Shorts (women), and Canyon Shorts (men).		X
18)	<b>T-SHIRTS, LONG OR SHORT SLEEVES</b> <a href="#">Men's Technical Shirts</a> <a href="#">Women's Technical Shirts</a>	For sun and sweat protection. Should be made of a quick dry material. Wear long-sleeves if you are sensitive to the sun.	2	
	Capilene®	Patagonia's signature base-layer fabric.		X
	CoolMax®	Performance shirts by INVISTA.		
	DriClime® & UpCycle®	Marmot performance shirts.		X
	Koolknit™	Mountain Hardware's moisture wicking shirts that keep you dry and cool.		X
	Icebreaker Bodyfit	Offers light and breathable protection.		X
	Skins Sport and She Tops	Compression shirts which improve circulation and muscle support.		X
19)	<b>SHOES</b>	Competitors wear trail or running shoes:	1	

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	<a href="#">Men's Footwear</a> <a href="#">Women's Footwear</a>	<b>* Remember to buy your shoes 1 to 2 sizes larger than you would normally wear to account for swelling and tape for blisters. This is of utmost importance.</b>		
	Montrail (trail)	Durable, lightweight trail running shoes		X
	Salomon (trail)	Versatile, lightweight trail running shoes		X
	INOV-8 (trail)			
	Columbia			X
	Asics			
	Brooks			
20)	<b><a href="#">HEADGEAR</a> or <a href="#">CAPS</a></b>	<b>It is required that you wear a cap with a neck cover such as legionnaire design. Light color head wear is recommended.</b>	1	
	Sea-To-Summit - The Mullet Cap	With a multi-position removable neck flap.		X
	Inov-8 Hot Peak 60	Breathable stretch mesh, fast wicking.		X
	Outdoor Research Swift Cap	Full mesh liner crown for superior ventilation.		X
	Outdoor Research Ferrosi Cap	Lightweight soft shell cap.		X
	RacingThePlanet Cap	A baseball style cap.		X
	4 Deserts Cap	A baseball style cap.		X
21)	<b><a href="#">SUNGLASSES</a></b>	<b>Any pair of UV protection sunglasses. A spare pair of sunglasses is recommended but not mandatory.</b>	1	
	Numa Sport Optic			X
	Smith Optics			X
22)	<b><a href="#">WARM HAT</a></b>	<b>For warmth</b>	1	
	Icebreaker Pocket 200	Soft and comfortable (for men and women)		X
	Mountain Hardwear Micro Dome	Lightweight and snug (for men and women)		X
	Patagonia Alpine Beanie	Lightweight, stretchy, and quick-drying.		X
23)	<b><a href="#">GLOVES</a></b>	<b>For warmth</b>	1	
	Icebreaker Glove Liner	Soft and lightweight (for men and women)		X
	Patagonia Lightweight Glove	Wicks moisture from skin to keep hands dry		X
24)	<b><a href="#">NATIONALITY PATCHES</a></b>	<b>You must wear nationality patches on both sleeves of all tops, including jackets, throughout the event.</b>	8	X
25)	<b><a href="#">RACINGTHEPLANET PATCHES</a></b>	<b>RacingThePlanet will send you these approximately 6 weeks before the event.</b>	8	X
<b><a href="#">FOOD / COOKING</a></b>				
26)	<b><a href="#">7 DAY FOOD SUPPLY</a></b> - Pre-event: one meal - During event: food totalling a	<b>You are responsible for your own food for the entire event. You need a freeze dried meal for the night before the race, as well as a minimum of 2000 calories/day during the race</b>		



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	minimum of 14,000 calories	<b>(7 days).</b>		
<input type="checkbox"/>	<a href="#">Freeze Dried Meals</a>	<b>We recommend using freeze dried meals as your main food source. Hot water will be available at all campsites. Expedition Foods and Mountain House are the most popular brands.</b>	8	
	Expedition Foods (Freeze dried)	High calorie (800 per meal) and freeze dried meals. Note: "Freeze dried" is typically better tasting than "dried mix" meals.		X
	Mountain House (Freeze dried)	Numerous freeze dried dinner and breakfast meals. Note: "freeze dried" is typically better tasting than "dried mix" meals		X
	Backpacker Pantry (Dried mix)	Numerous dried mix dinner and breakfast meals.		X
	Back Country (Dried mix)	Numerous dried mix dinner and breakfast meals.		X
<input type="checkbox"/>	<a href="#">Energy Bars / Gels</a>	<b>Various brands to choose from. To avoid an upset stomach, be sure to test your bars and gels during training.</b>		
	Clif Bar	Whole, all-natural, organic ingredients.		X
	PowerBar	C2MAX carbohydrate mix contains a special ratio.		X
	PowerGel	Delivers a fast energy boost.		X
	PowerBar Ride Shots Energy Chews	Quick energy through C2MAX		X
	Hammer Bars	Easy to digest, gluten-free.		X
	Hammer Gels	Perfect for a quick energy boost.		X
	Jelly Belly Sport Beans	Contains carbohydrates, electrolytes, and vitamins.		X
	GU Energy Gels	For a quick energy boost!		X
	GU Chomps Pure Performance Energy Chews	Offer a change of pace from gels.		X
	High5 EnergyBar	Fast carbohydrate absorption.		X
	High5 IsoGel	Does not need to be taken with additional water.		X
<input type="checkbox"/>	<a href="#">Nutrition Supplements</a>	<b>These nutrition products were recommended by those who have completed 4 Deserts and RacingThePlanet events.</b>		
	PowerBar Recovery	Take after the stage for muscle recovery		X
	PowerBar Energize	Take during the stage for energy		X
	Perpetuum	Take during the stage to fuel your body		X
	Recoverite	Take after the stage to aid muscle recover		X
	Sustained Energy by Hammer	Endurance fuel; reduces muscle fatigue		X
	HEED by Hammer	Sports drink; prevents cramps		X
	Race Caps Supreme	Enhances energy and endurance		X

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	Item/Type	Comments	Qty.	Store
	Whey	Protein supplement; helps repair muscles		X
	Premium Insurance Caps	Daily supplement, overall health support		X
□	<b><u>Other drink mixes</u></b>	<b>Bring your favourite drink mixes for mornings and nights around camp.</b>		
	Coffee, Tea or Hot Chocolate			
	Soup			
□	<b><u>Snacks</u></b>	<b>An important part of your food supply; we recommended bringing a good variety of your favourite snacks.</b>		
	Quaker Instant Oatmeal	Individual packets offer a quick and nutritious breakfast or afternoon snack.		X
	Cup Noodles	Quick, easy, and light.		X
	Beef Jerky	An essential snack; provides much needed protein. Slim Jims are a quality brand.		X
	Strawberries Organic Fruit Snack	Made from fresh, quality fruit.		X
	Made in Nature Dried Fruit	Made in Nature selects the freshest		X
	Knabber Nossi Sausage	Made of lean beef, pork and spices.		X
	Potato Chips	High in calories and taste; recommended to crush them up and carry in a zip-lock bag.		
	Parmesan Cheese	High in calories and easy to pack.		
27)	<b><u>ELECTROLYTES</u></b> - Enough for 7 days - It is strongly recommended to bring tablets in addition to electrolyte drink powders.	<b>Use fluid replacement electrolytes with water to maintain proper hydration throughout the day. A constant supply will help the body's systems to operate properly when under stress.</b>	7	
	Endurolytes by Hammer Nutrition	Provides superior cramp prevention.		X
	Nuun (no sugar)	Light flavour drink enhancement.		X
	Saltstick Caps	Minimises cramping and fatigue		X
	Gatorade			
	Cytomax			
	Endurox			
28)	<b><u>HYDRATION SYSTEM</u></b> - You must be able to carry 2.5 liters of water at one time.	<b>Choose between a hydration bladder and / or water bottles. Bottles allow for more flexibility, as bladders can be hard to refill at checkpoints. Many prefer the SmarTube or similar models.</b>	1	
	RaidLight Bretelle Bottle-Holder	Attaches to shoulder of backpack.		X
	SmarTube (for 1.5L bottle)	Convenient water bottle adapter.		X
	- SmarTube Cap for 63mm bottle	For wide-mouth bottles.		X
	Hydropak	2L and 3L bladders; backpack compatible.		X



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### OPTIONAL EQUIPMENT

(NOT MANDATORY, BUT SUGGESTED)

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<b><u>GEAR</u></b>				
29)	<b><u>SLEEPING PAD</u></b>	Select a small size to save weight or regular size for added comfort and warmth. A self-inflating half size pad that provides padding in all the essential areas is also lighter; however, it is very difficult to eliminate the air each morning for packing. Tents provided do not have any ground padding.	1	
	POE Uber Light	Ultra-light, self-inflating pad.		X
	POE Uber Mountain	Light, and takes up little pack space.		X
	POE Uber High Mountain	Light, durable and comfortable.		X
	POE SL Lite	Outstanding lightweight pad		X
	POE SL Basic	Classic all season pad		X
	Therm-a-Rest Z Lite	Described as the "sleep on anything" sleeping pad when every ounce counts.		
	Therm-a-Rest NeoAir	Lightweight sleeping pad that provides maximum comfort but does need to be manually inflated.		X
	<input type="checkbox"/> <b><u>Additional Comfort</u></b>			
	Sea-To-Summit Travel Pillow	Durable, compact and light.		X
	POE Base Extended Comfort Chair	Multi-function capabilities.		X
30)	<b><u>BAG LINER</u></b>	<b>Bag liners are a great way to add additional warmth to lightweight sleeping bags. Most bag liners add approximately 6°C / 41°F.</b>	1	
	Sea-to-Summit CoolMax Liner	A climate control travel liner.		X
	Sea-to-Summit Adaptor Premium Silk Liner (Standard, Pillow Insert, Mummy Hood versions available)	Premium silk travelling sheet. Adds up to 10 degrees of warmth		X
	Lifeventure EX3 Silk Mummy Liner	Compact, light and comfortable to use.		X
31)	<b><u>TREKKING POLES</u></b>	<b>Useful if you intend to walk the majority of the course.</b>	1	
	RaidLight Foldable Trail Poles	Ultra-light, foldable and easy to use.		X
	Black Diamond Alpine CF	Sturdy and ultra-compact.		X

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	Black Diamond Trail	Versatile and comfortable to use.		X
	Komperdell C2 Carbon	Adjustable with an extra-firm grip.		X
32)	<b><u>INSECT REPELLENT</u></b>	<b>Many brands will work.</b>	1	
	EG Mosquito Repellent Bracelet	Waterproof, convenient, and stylish.		X
	Dermatone Herbal Insect Repellent with Bite Blocker	Protects against mosquitoes and flies.		X
	SmartShield	Insect repellent in spray or towelette form, with SPF 30 protection.		X
	Dermatone Sun & Bug Combo, SPF 25 with Insect Repellent	Insect repellent for 3 hours, UVA & UVB protection; water proof and sweat proof.		X
	Bushman dry gel	Comes in plus and heavy duty options.		X
33)	<b><u>ZIP-LOCK BAGS, WATER / SAND PROOF BAGS, COMPRESSION BAGS</u></b>	<b>Pack all your food and other items in zip-lock bags. For more expensive items (camera / passport), you may consider waterproof/sand-proof bags.</b>	20	
	Sea-to-Summit Ultra-Sil Dry Sacks	Light and tough waterproof bags.		X
	Sea-to-Summit Sn240 Compression XS - 5.5" x 14" / Small - 7" x 16" / Medium - 8" x 18" / Large - 9" x 20"	XS – good for clothing. Small, Medium, Large: fit most bags <b><u>(including all those we recommended).</u></b>		X
	ALOKSAK Waterproof Bags	Ideal for film or other sensitive items.		X
34)	<b><u>TOWEL</u></b>	<b>For cleaning off at camp.</b>	1	
	Sea-To-Summit Dry Lite Towel	Quick-drying & lightweight.		X
	Sea-To-Summit Pocket Towel	Quick-drying, lightweight & compact.		X
35)	<b><u>TOOTHBRUSH / TOOTHPASTE</u></b>	<b>Any brand will do. Smallest size recommended – travel toothbrush.</b>	1	
	Toob Brush	Compact. Refillable toothpaste tube.		X
	Toob Replacement Heads	Made with soft end rounded bristles.		X
	Colgate WISP	A mini brush and soft toothpick.		X
36)	<b><u>WRISTWATCH / INSTRUMENT</u></b>	<b>Any brand will do. An electronic compass, alarms and timer can be useful. Speed and distance monitor (pedometer), barometer and heart rate monitor provide interesting feedback.</b>	1	
	Suunto	Excellent multi-functional sport watches.		X
	Luminox (excellent for use at night)			
	Timex			
	Polar			
37)	<b><u>GPS</u></b>	<b>Choose a model that uses changeable batteries, <i>not</i> rechargeable batteries. Competitors will not have access to recharge their batteries. The course is marked every 25 meters. GPS coordinates are not provided. A</b>	1	

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		<b>GPS is most useful for tracking distance.</b>		
	Garmin GPSMAP 60C Sx			<b>X</b>
<b>38)</b>	<b><u>iPod</u></b>	<b>iPods work well, but you should keep the music player in a waterproof / sand proof bag. In addition, you will need a solar panel or other device to keep it charged. Competitors will not have access to recharge their iPods.</b>	<b>1</b>	
<b>39)</b>	<b><u>SOLAR PANELS / CHARGING ACCESSORIES</u></b>	<b>A solar panel or Powertraveller item will allow you to charge your iPod, camera or other personal devices.</b>	<b>1</b>	
	Classic Solio Hybrid Charger	Lightweight and versatile.		<b>X</b>
	Solio Hybrid 1000	Powerful and efficient.		<b>X</b>
	Powermonkey	Will charge all iPods for 40 hours as well as cameras for longer. Weighs 70 grams.		<b>X</b>
	Powerchimp	Similar to a Powermonkey with less power.		<b>X</b>
<b>40)</b>	<b><u>CAMERA</u></b>	<b>Any small digital camera will do. If your camera is not waterproof then place it in double zip lock bags.</b>	<b>1</b>	
<b>41)</b>	<b><u>BOOK or MAGAZINE</u></b>	<b>Tear out pages you plan to read.</b>	<b>1</b>	
<b>42)</b>	<b><u>PLAYING CARDS</u></b>	<b>Great for passing time at camp.</b>	<b>1</b>	
<b>43)</b>	<b><u>TRAINING BOOKS &amp; MAPS</u></b>	<b>Materials to prepare for the event.</b>		
	"Fixing Your Feet" (4th ed.) by John Vonhof	Learn to proactively prevent foot problems using various techniques.		<b>X</b>
	"The Power of Team" by Peter Wortham	Learn what it takes to complete an endurance race.		<b>X</b>
	Maps of course locations	Vietnam, India, China, Silk Road, etc		<b>X</b>
	Aloksak Clear Map Case	Clear map case, certified waterproof in excess of 60 meters (~200 feet).		<b>X</b>
<b>44)</b>	<b><u>FLAGS</u></b>	Handmade, high quality flags. One for each RacingThePlanet event.		<b>X</b>
<b><u>CLOTHING</u></b>				
<b>45)</b>	<b><u>SCARF / HEADGEAR</u></b>	<b>A Buff® is ideal as it has multiple uses such as a scarf, headgear, sweatband, etc. Highly recommended.</b>	<b>2</b>	
	RacingThePlanet Buff®			<b>X</b>
	RacingThePlanet: Nepal Buff®			<b>X</b>
<b>46)</b>	<b><u>SOCKS</u></b>	<b>A fresh pair everyday is helpful: six or seven pairs are recommended. Many competitors wear SmartWool or Teko socks over Injinji socks.</b>	<b>7</b>	
	Skins Sport Powersox	Compression socks assist circulation.		<b>X</b>
	Injinji Crew Toe	Toe-fit socks, superb performance.		<b>X</b>

## PRELIMINARY EQUIPMENT LIST

OPTIONAL EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
	Injinji Mini-Crew Toe	Toe-fit socks, superb performance.		X
	SmartWool Adrenalin Mini Crew	Durable, sweat wicking socks.		X
	SmartWool Adrenaline Light Crew	Durable, sweat wicking socks.		X
	Teko Socks	Lightweight, quick-drying comfort. Highly recommended by numerous 4 Deserts and RacingThePlanet competitors.		X
47)	<b><u>GAITERS</u></b>	<b>This is a personal choice - some wear gaiters, others do not. Ankle gaiters keep debris out of your shoes.</b>	1	
	RacingThePlanet Gaiters	Designed by competitors in the 4 Deserts events. Ideal for Sandy terrain.		X
	RaidLight Stop-Run Gaiters	Efficient all season protection and adaptable to all running shoes.		X
	Sea-To-Summit Spinifex Ankle Gaiters Nylon	Double layer nylon handles harsh scrub and bush.		X
48)	<b><u>FLIP FLOPS or SLIPPERS</u></b> <a href="#">Men's Footwear</a> <a href="#">Women's Footwear</a>	<b>For walking around camp – choose the lightest model you can find. Slip-on sandals work best. Hotel slippers also work, but supply little support at the sometimes rocky campsites.</b>	1	
	Keen	Durable, high quality sport sandals.		X
	Sole			
49)	<b><u>SPORTS BRA</u></b>	Women-only.	3	
	CW-X Firm Support Bra	Supplies support and comfort.		X
	CW-X Xtra Support Bra	Supplies an extra level of support.		X
	Patagonia Active Sport 24-7 Bra	Seamless, lightweight active sports bra.		X
	Patagonia Active Sport High Impact Bra	Lightweight, highly breathable bra.		X
<b><u>FOOD / COOKING</u></b>				
50)	<b><u>EATING TIN or CUP</u></b>	Useful for cooking at the camp fire. Titanium products are the lightest but very expensive. Many cut the top off of the plastic bottles provided and use as a cup.	1	
	Guyodesigns Squishy Bowl & Cup	Flexible, versatile, and durable.		X
	GSI Ultralite Nesting Bowl+Mug	Ultra-light and efficient.		X
	Snow Peak Titanium Cups	Durable and ultra-light.		
	Sea-To-Summit X-Mug	Collapses flat for compact packing.		X
	Sea-To-Summit X-Bowl	Collapses flat for compact packing.		X
51)	<b><u>EATING UTENSILS</u></b>	<b>Bring more than one fork/spoon in case you lose one. Titanium products are the lightest option but expensive.</b>	1	
	Sea-To-Summit AlphaLight Spork	Durable and ultra lightweight.		X
	Light My Fire Spork	Polycarbonate and titanium versions.		X

## PRELIMINARY EQUIPMENT LIST

OPTIONAL EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
	My-Ti Spork	Lightweight and strong.		X
	My-Ti Folding Spork	Offers strength and convenience.		X
	Flipsticks, Folding Chopsticks	Convenient and durable.		X
	Snow Peak Titanium Spork Short	Durable, lightweight, and compact.		
	Snow Peak Titanium Spork	Durable and lightweight.		
52)	<a href="#"><u>TISSUE and/or WET WIPES</u></a>	<b>Any brand will work (at least 1 pack per day). A must for toilet use. No tissues will be provided at Camps or by Event Staff.</b>	7	
	Kleenex Wet Tissues with Tea Tree Essence pH5.5	Mild and gentle, with tea tree essence, effectively cleanse and sanitize your skin.		X
	Wet Ones Moist Towelette with Vitamin E & Aloe	Clean-up anytime. Thick and soft.		X
	Kleenex Tissues Pockets Pack	Soft, gentle Kleenex® tissues.		X
	4 Deserts Tablet Towels	Durable and full-sized 10" x 10". Nine towels per pack. Compacted in a convenient tablet size; add water to use.		X