



ATACAMA CROSSING (CHILE) 2009 PRELIMINARY EQUIPMENT LIST

MANDATORY EQUIPMENT

RECOMMENDED ITEMS ARE SHOWN BELOW EACH MANDATORY ITEM
(THIS EQUIPMENT WILL BE REVIEWED AT CHECK-IN AT THE HOTEL IN SAN PEDRO DE
ATACAMA)

*Note: The 'X' indicates that the item is available in the RacingThePlanet Store, see
www.racingtheplanet.com.*

MANDATORY EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
<input type="checkbox"/>	<u>BACKPACK</u>	Capable of carrying at least all the Mandatory Equipment and Optional Equipment - most carry a 30-litre backpack. Note: There is no one backpack model that works for everyone.	1	
	4 Deserts Backpack by RacingThePlanet	Lightest backpack on the market for seven-day event. Developed by Sahara Race champion Ray Zahab for RacingThePlanet and 4 Deserts events. 30-liter backpack and 5-liter front pouch to balance weight. Great also as a training backpack for all levels.		X
	Salomon Raid Revo 30	www.salomon.com		
<input type="checkbox"/>	<u>SLEEPING BAG</u>	Minimum requirement is for sleeping bags to be around 10 Celsius (50 F).	1	
	Marmot Atom (Regular or Long)	www.marmot.com		X
	Marmot Hydrogen (Regular or Long), for those who prefer additional warmth	www.marmot.com		X
<input type="checkbox"/>	<u>7 DAY FOOD SUPPLY</u> - minimum of 2000 calories/day (7days)	You will be responsible for your own food for the entire event. We recommend the use of freeze-dried meals which only require the addition of hot water. Hot water will be available at the	7	



MANDATORY EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
		campsite.		
	Mountain House	www.mountainhouse.com		X
	Backpacker Pantry	www.backpackerspantry.com		X
	Alpine Aire	www.alpineaire.com		X
	Richmoor	www.richmoor.com		X
	Natural High	www.richmoor.com		X
<input type="checkbox"/>	<u>HEADLAMP + BACK-UP</u>	Competitors are required to carry both a headlamp and a backup light source during the event. Note: There are many brands and options. We have found Princeton Tec to be superior to other headlamp brands. SureFire makes some of the best and highest powered flashlights on the market – these are invaluable if you are lost or want to see a far distance ahead.	2	
	Primary: Princeton Tec E0S Headlamp Regulated.	www.princetonotec.com		X
	BackUp: Princeton Tec Scout Headlamp	www.princetonotec.com		
	BackUp: SureFire E1L or E2L Outdoorsman (Highly recommended)	www.surefire.com		X
<input type="checkbox"/>	<u>COMPASS</u>	Any model will be adequate; however Silva makes the best compass in the world. Note: There is <u>no</u> navigation in the Atacama Crossing 2009.	1	
	Silva Forecaster (compass and thermometer)	www.silva.se		X
	Silva Watch Strap (fits nicely on a watch strap)	www.silva.se		X
<input type="checkbox"/>	<u>SAFETY PINS</u>	Heavy duty large safety pins are best.	20	X
<input type="checkbox"/>	<u>NATIONALITY PATCHES</u>	You must wear nationality patches on each sleeve throughout the event.	8	X
<input type="checkbox"/>	<u>KNIFE</u>	A small knife or multi-tool to be carried as part of your survival gear. Many brands of knives will suffice.	1	
	Gerber Shortcut Mini-Tool	www.gerbergear.com		X



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	Item/Type	Comments / Website	Qty.	Store
	Gerber Clutch Mini-Tool	www.gerbergear.com		X
	Gerber Ridge	www.gerbergear.com		X
	4 Deserts SwissCard	www.victorinox.ch		X
<input type="checkbox"/>	WHISTLE		1	
	Storm Whistle	www.stormwhistles.com		
	Jetscream Whistle	www.ultimatesurvival.com		X
	Fox 40	www.fox40world.com		
<input type="checkbox"/>	SURVIVAL BLANKET		1	
	Adventure Medical Kits Emergency Bivvy (3.8 oz)	www.adventuremedicalkits.com		X
	Adventure Medical Kits Thermo-Lite 2.0 (6.9 oz)	www.adventuremedicalkits.com		X
	Space brand emergency blanket	www.mpioutdoors.com		X
<input type="checkbox"/>	HAT OR CAP	It is recommended that a white mesh running cap, baseball cap or legionnaire style desert hat.	1	
	RacingThePlanet Cap	A baseball style cap.		X
	4 Deserts Cap	A baseball style cap.		X
<input type="checkbox"/>	SUNGLASSES	Any pair of UV protection sunglasses.	1	
<input type="checkbox"/>	LIGHTWEIGHT JACKET	You are recommended to bring one with insulation, as the weather can be cold. Many brands will be appropriate, but make sure that the jacket will keep you warm. Another option is using base-layering such as that from Patagonia (Capilene 1 – 4).	1	
	Patagonia Cool Weather Top	www.patagonia.com		
	Patagonia Wind Tracker Top	www.patagonia.com		X
	Patagonia Houdini	www.patagonia.com		X
	Patagonia Lightweight R4 (a warmer option)	www.patagonia.com		X
	Montane Featherlite Velo	www.montane.co.uk		
	Marmot Ion Windshirt	www.marmot.com		X
	Marmot DriClima Ion Windshirt	www.marmot.com		X
	Patagonia Cap 1 – 4	www.patagonia.com		X
<input type="checkbox"/>	SHORTS OR TIGHTS (Any brand)		1	
	CW-X Pro or Expert Tights and	www.cw-x.com		X



MANDATORY EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
	Shorts			
<input type="checkbox"/>	<u>T-SHIRTS, LONG OR SHORT SLEEVES</u>	For sun and sweat protection. Should be made of a quick dry material. Wear long-sleeves if you are super sensitive to the sun.	2	
	Capilene®	www.patagonia.com		X
	CoolMax®	www.coolmax.invista.com		
	ClimaCool®	www.adidas.com		
	Dri-Fit®	www.nike.com		
	DriClime®	www.marmot.com		
<input type="checkbox"/>	<u>SHOES</u>	Competitors wear trail or running shoes – Asics is the most popular running shoes model and Montrail is the most popular trail shoe model. Remember to buy your shoes 1 – 2 sizes larger than what you normally wear to account for swelling and tape for blisters.	1	
	Asics	www.asics.com		
	New Balance	www.newbalance.com		
	Saucony	www.saucony.com		
	Salomon (trail)	www.salomon.com		
	Montrail (trail)	www.montrail.com		
<input type="checkbox"/>	<u>FLEECE HAT</u>	For nights.	1	
<input type="checkbox"/>	<u>GLOVES</u>	For nights.	1	
<input type="checkbox"/>	<u>SUNSCREEN</u>	Choose a brand that has high SPF sun protection, is waterproof / sweatproof and is greaseless.	1	
	Dermatone Waterproof Moisturizing Sunblock Crème, SPF 33	www.dermatone.com		X
	Dermatone (Fragrance Free, Waterproof, Sweatproof), SPF 33	www.dermatone.com		X
	Dematone Lip 'n Face Protection Crème with Z-Cote (for skin that is super sensitive to the sun), SPF 30 (Highly recommended by all dermatologists to prevent skin cancer)	www.dermatone.com		X
	SmartShield	www.smartshield.com		X



MANDATORY EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
<input type="checkbox"/>	<u>BLISTER KIT</u>			
	Blister Kit	Suggestion: small container of Zeasorb or Browns Original Foot Powder, 20 alcohol wipes, a small ziplock bag with 20, one inch Spenco 2 nd Skin patches, a sewing needle to drain blisters, and at least two yards of Elastikon wrapped around a small pencil. Hydropel or SportsSlick lubricant also works well. Duct tape can be substituted for Leukotape. Note: The 4 Deserts SwissCard works great as part of the blister kit.		X
	RacingThePlanet® Blister Kit (designed by the RacingThePlanet medical team – highly recommended)	www.racingtheplanet.com	1	X
<input type="checkbox"/>	<u>MEDICATION</u>	Anti-inflammatory medication and mild pain relief for head and foot aches such as ibuprofen and aspirin.	12	
<input type="checkbox"/>	<u>ALCOHOL GEL</u>	Hand sanitizer.		
	Alcogel	Instant hand sanitizer with Vitamin E.	1	X
<input type="checkbox"/>	<u>ELECTROLYTES</u>	Fluid replacement electrolytes to keep you hydrated throughout the day. Enough for seven days.	7	
	Nuun (no sugar)	www.nuun.com		X
	Gatorade	www.gatorade.com		
	Cytomax	www.cytosport.com		
	Endurox	www.endurox.com		
	Pocari Sweat	www.otsuka.com		
<input type="checkbox"/>	<u>RED FLASHING LIGHT</u>	This is to be worn on the rear of your backpack and to be switched on when you are competing during dark hours.	1	
	Mini 3 Mode Red LED Light	www.racingtheplanet.com		X



OPTIONAL EQUIPMENT

(NOT MANDATORY, BUT SUGGESTED)

Note: The 'X' indicates that the item is available in the RacingThePlanet Store, see www.racingtheplanet.com.

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	Item/Type	Comments / Website	Qty.	Store
<input type="checkbox"/>	<u>SLEEPING PAD</u>	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. You will not be provided with anything if you do not bring anything yourself.	1	
	POE Uber Light	www.pacoutdoor.com		X
	POE Uber Mountain	www.pacoutdoor.com		X
	POE AO-Tropics	www.pacoutdoor.com		X
	Thermarest Pro-Lite 3	www.thermarest.com		
<input type="checkbox"/>	<u>SCARF / HEADGEAR</u>		2	
	Buff®	Functions as a scarf, headgear, sweatband, etc. Multiple uses, highly recommended.		X
	4 Deserts Buff®			X
	RacingThePlanet Buff®			X
	Atacama Crossing Buff®	www.racingtheplanet.com		
<input type="checkbox"/>	<u>TREKKING POLES</u>	Useful if you intend to walk or hike the majority of the course.	1	
	Leki	www.leki.com		
<input type="checkbox"/>	<u>SOCKS</u>	A fresh pair everyday is helpful: six or seven pairs are recommended.	7	
	SmartWool Adrenalin Mini Crew	www.smartwool.com		
	Wigwam	www.wigwam.com		
	Injinji Crew Toe	www.injinji.com		X
	Injinji Mini-Crew Toe	www.injinji.com		X
<input type="checkbox"/>	<u>GAITERS</u>	This is a personal choice - some wear gaiters, others do not. Ankle gaiters keep debris out of your shoes.	1	
	RacingThePlanet Gaiter	A gaiter designed by competitors in the 4 Deserts is		X



OPTIONAL EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
		available in green only. www.racingtheplanet.com		
<input type="checkbox"/>	<u>HYDRATION SYSTEM</u>	You should choose between a hydration bladder and/or water bottles. Many prefer the SmarTube or similar models.	1	
	SmarTube	www.bluedesert.co.il		X
	Camelbak	www.camelbak.com		
	Platypus	www.platypushydration.com		
<input type="checkbox"/>	<u>FLIP FLOPS or SLIPPERS</u>	For walking around campsite – choose the cheapest, lightest model you can find. Croc shoes and hotel slippers work well.	1	
<input type="checkbox"/>	<u>LIP SUNSCREEN</u>	Any brand with a high level of SPF sun protection will do.	1	
	Dermatone Medicated Lip Balm	www.dermatone.com		X
	Dermatone Spot Protection Stick	www.dermatone.com		X
<input type="checkbox"/>	<u>INSECT REPELLENT</u>	Many brands will work.	1	
	Dermatone Herbal Insect Repellent with Bite Blocker (protects against mosquitoes and flies)	www.dermatone.com		X
<input type="checkbox"/>	<u>COOKING TIN or CUP</u>	Useful for cooking at the camp fire. Titanium products are the lightest but very expensive. Many cut the top off of the 1.5 liter bottles provided to use as a cup.	1	
<input type="checkbox"/>	<u>EATING UTENSILS</u>	Bring more than one fork/spoon in case you lose one. Titanium products are the lightest option but expensive.	1	
	My-Ti Spork (Brunton)	www.brunton.com		X
	My_Ti Folding Spork (Brunton)	www.brunton.com		X
	Flipsticks, Folding Chopsticks by Brunton	www.brunton.com		X
<input type="checkbox"/>	<u>ZIP-LOCK BAGS or WATERPROOF / SANDPROOF BAGS</u>	Pack all your food and other items in zip-lock bags. For more expensive items, e.g., camera, passport, you may consider waterproof/sandproof bags.	20	
	ALOKSAK Waterproof Bags	www.watchfuleyedesigns.com		X
<input type="checkbox"/>	<u>TISSUES</u>	Any brand will work (approximately 1 pack per day).	7	
<input type="checkbox"/>	<u>WET WIPES</u>	Pre-packaged moist hand wipes (approximately 1 pack per day).	7	



OPTIONAL EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
<input type="checkbox"/>	<u>TOOTHBRUSH / TOOTPASTE</u>	Any brand will do. Smallest size recommended – travel toothbrush.	1	
<input type="checkbox"/>	<u>WRISTWATCH / INSTRUMENT</u>	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.	1	
	Luminox (excellent for viewing at night)	www.luminox.com		
	High Gear	www.highgearusa.com		
	Suunto	www.suunto.com		
	Polar	www.polarusa.com		
<input type="checkbox"/>	<u>GPS</u>	Choose a model that <i>does not</i> use rechargeable batteries but rather “user changeable batteries”. Competitors will not have access to recharge their batteries. The course is marked every 25 meters. GPS coordinates are not provided. A GPS is most useful for measuring distance.	1	
	Garmin	www.garmin.com		
<input type="checkbox"/>	<u>iPod</u>	iPods work well, but you should keep the music player in a waterproof/sandproof bag. In addition, you will need a solar panel or other device to keep a charge. You are forbidden from charging your iPod at the campsite.	1	
<input type="checkbox"/>	<u>SOLAR PANEL</u>	A solar panel to charge your iPod, camera or other devices.	1	
	Solaris™ i6 Foldable iPod® Charger by Brunton	A very lightweight solar panel to keep your iPod or camera with power. www.brunton.com	1	X
	Classic Solio Hybrid Charger			X
	Solio Hybrid 1000			X
<input type="checkbox"/>	<u>CAMERA</u>	Any small digital camera will do. If your camera is not waterproof then place it in double zip lock bags.	1	
<input type="checkbox"/>	<u>BOOK or MAGAZINE</u>	Tear out pages to read.	1	



OPTIONAL EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
<input type="checkbox"/>	<u>ENERGY BARS / GELS</u>	There are many brands to choose from. To avoid an upset stomach, be sure to test your energy bars or gels during your training runs.		
	Gu	www.gusports.com		
	Powerbar	www.powerbar.com		
	Clif Bar	www.clifbar.com		
	Honey Stinger Gold	www.honeystinger.com		X
	Hammer Gels	www.hammernutrition.com		X
<input type="checkbox"/>	<u>OTHER DRINK MIXES</u>	Bring your favourite drink mixes for mornings and nights around the campfire (e.g. coffee, tea hot chocolate, soup, etc).		
<input type="checkbox"/>	<u>SNACKS</u>	Bring your favourite snacks. A good variety is recommended (e.g., trail mix, potato chips, beef jerky, etc.).		
<input type="checkbox"/>	<u>NUTRITION PRODUCTS</u>	These nutrition products were recommended by those who have completed the 4 Deserts series.		
	Perpetuem	www.hammernutrition.com		X
	Recoverite by Hammer Nutrition	www.hammernutrition.com		X
	Sustained Energy by Hammer Nutrition	www.hammernutrition.com		X
	Endurolytes by Hammer Nutrition	www.hammernutrition.com		X
	HEED by Hammer Nutrition	www.hammernutrition.com		X