



SAHARA RACE (EGYPT) 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)

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. www.racingtheplanet.com		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	
	Mountain Hardwear Phantom Sleeping Bag (short, regular or long)	www.mountainhardwear.com		X
	Marmot Atom (Regular or Long)	www.marmot.com		X
<input type="checkbox"/>	<u>7 DAY FOOD SUPPLY</u>	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 campsites.	7	
	- minimum of 2000 calories/day (7days)			
	Mountain House	www.mountainhouse.com		X
	Backpacker Pantry	www.backpackerspantry.com		X
	Alpine Aire	www.alpineaire.com		
	Richmoor	www.richmoor.com		
	Natural High	www.richmoor.com		
<input type="checkbox"/>	<u>HEADLAMP + BACK-UP</u>	Competitors are required to carry both a headlamp and a backup light source during the event. The back-up light must be of equal strength to the primary headlamp (it can be another headlamp if you choose). Note: There are many brands and options. We have found Black Diamond to be superior to other headlamp brands. SureFire makes some of the best and	2	



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		highest powered flashlights on the market – these are invaluable if you are lost or want to see a far distance ahead.		
	Primary: Black Diamond Spot LED Headlamp	www.bdel.com		X
	Primary: Black Diamond Cosmo LED Headlamp	www.bdel.com		X
	BackUp: SureFire E1L or E2L Outdoorsman (highly recommended)	www.surefire.com		X
	BackUp: Petzl e-LITE Headlamp	http://en.petzl.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 event.	1	
	Silva Forecaster (compass and thermometer)	www.silva.se		X
	Silva Watch Strap (fits nicely on a watch strap)	www.silva.se		X
	Silva Field 11	www.silva.se		X
	Silva 1 Explorer Compass	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
	Gerber Clutch Mini-Tool	www.gerbergear.com		X
	Gerber Ridge	www.gerbergear.com		X
	4 Deserts SwissCard	www.victorinox.ch		X
<input type="checkbox"/>	<u>WHISTLE</u>		1	
	Jetscream Whistle	www.ultimatesurvival.com		X
	Storm Whistle	www.stormwhistles.com		
	Fox 40	www.fox40world.com		
<input type="checkbox"/>	<u>SURVIVAL BLANKET</u>		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 bag	www.mpioutdoors.com		X
	Space brand emergency blanket	www.mpioutdoors.com		X



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<input type="checkbox"/>	<u>HAT OR CAP</u>	It is recommended to use 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"/>	<u>SUNGLASSES</u>	Any pair of UV protection sunglasses.	1	
<input type="checkbox"/>	<u>LIGHTWEIGHT JACKET</u>	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	
	Montane Featherlite Velo	www.montane.co.uk		
	Marmot Ion Windshirt	www.marmot.com		X
	Marmot DriClime Ion Windshirt	www.marmot.com		X
	Patagonia Cap 1 – 4	www.patagonia.com		X
	Mountain Hardwear Power Stretch Zip T	http://www.mountainhardwear.com/		X
<input type="checkbox"/>	<u>SHORTS OR TIGHTS</u>	Any brand.	1	
	CW-X Pro or Expert Tights and Shorts	www.cw-x.com		X
<input type="checkbox"/>	<u>FLEECE HAT</u>		1	
<input type="checkbox"/>	<u>GLOVES</u>	For warmth.	1	
<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 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		
	Koolknit™	www.mountainhardwear.com		X
<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	1	



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	Item/Type	Comments / Website	Qty.	Store
		normally wear to account for swelling and tape for blisters.		
	Asics	www.asics.com		
	New Balance	www.newbalance.com		
	Saucony	www.saucony.com		
	Salomon (trail)	www.salomon.com		
	Montrail (trail)	www.montrail.com		
□	SUNSCREEN	Choose a brand that has high SPF sun protection, is waterproof / sweat proof 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
□	BLISTER KIT		1	
	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.		
	RacingThePlanet® Blister Kit	www.racingtheplanet.com		X
□	MEDICATION	Anti-inflammatory medication and mild pain relief for head and foot aches such as ibuprofen and aspirin.	12	
□	ALCOHOL GEL	Alcohol wipes CANNOT replace alcohol gel, but you may choose to carry both.	1	
	Purell Hand Sanitizer	www.racingtheplanet.com		X
□	ELECTROLYTES	Fluid replacement electrolytes to keep you hydrated throughout the day. Enough for seven days.	7	
	Nuun (no sugar)	www.nuun.com		X



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	Gatorade	www.gatorade.com		
	Cytomax	www.cytosport.com		
	Endurox	www.endurox.com		
	Pocari Sweat	www.otsuka.com		
<input type="checkbox"/>	RED FLASHING LIGHT	This is to be worn on the rear of your backpack and to be switched on when you are competing in the dark.	1	
	Mini 3 Mode Red LED Light	www.racingtheplanet.com		X



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OPTIONAL EQUIPMENT (NOT MANDATORY, BUT SUGGESTED)

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	Item/Type	Comments / Website	Qty.	Store
<input type="checkbox"/>	SLEEPING PAD	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"/>	SCARF / HEADGEAR		2	
	Buff®	It has multiple uses such as a scarf, headgear, sweatband, etc. Highly recommended.		X
	4 Deserts Buff®	www.racingtheplanet.com		X
	RacingThePlanet Buff®	www.racingtheplanet.com		X
	Sahara Race Buff®	www.racingtheplanet.com		X
<input type="checkbox"/>	TREKKING POLES	Useful if you intend to walk or hike the majority of the course.	1	
	Black Diamond Alpine CF	www.bdel.com		X
	Black Diamond Trail	www.bdel.com		X
	Leki	www.leki.com		
<input type="checkbox"/>	SOCKS	A fresh pair everyday is helpful: six or seven pairs are recommended.	7	
	Injinji Crew Toe	www.injinji.com		X
	Injinji Mini-Crew Toe	www.injinji.com		X
	SmartWool Adrenalin Mini Crew	www.smartwool.com		X
	SmartWool Adrenaline Light Crew	www.smartwool.com		X
	Wigwam	www.wigwam.com		



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	Item/Type	Comments / Website	Qty.	Store
<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 Gaiters	Gaiters designed by competitors in the 4 Deserts. www.racingtheplanet.com		X
<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 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
	SmartShield	www.smartshield.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
	SmartShield	www.smartshield.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	
	Light My Fire Spork	www.lightmyfire.com		X
	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 /</u>	Pack all your food and other	20	



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SANDPROOF BAGS	items in zip-lock bags. For more expensive items, e.g., camera, passport, you may consider waterproof/sandproof bags.			
Sea-to-Summit Ultra-Sil Dry Sacks	www.seatosummit.com			X
ALOKSAK Waterproof Bags	www.watchfuleyedesigns.com			X
<input type="checkbox"/> TISSUES	Any brand will work (approximately 1 pack per day).	7		
<input type="checkbox"/> WET WIPES	Pre-packaged moist hand wipes (approximately 1 pack per day).	7		
<input type="checkbox"/> TOWEL				
Sea-To-Summit Dry Lite Towel	www.seatosummit.com	1		X
<input type="checkbox"/> TOOTHBRUSH / TOOTHPASTE	Any brand will do. Smallest size recommended – travel toothbrush.			
<input type="checkbox"/> WRISTWATCH / INSTRUMENT	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"/> GPS	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 GPS is most useful for measuring distance.	1		
Garmin	www.garmin.com			
<input type="checkbox"/> iPod	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 it charged. Competitors will not have access to recharge their	1		



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	Item/Type	Comments / Website	Qty.	Store
		iPods.		
<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		X
	Classic Solio Hybrid Charger	www.solio.com		X
	Solio Hybrid 1000	www.solio.com		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 you plan to read.	1	
<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		
	Hammer Bars	www.hammernutrition.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.		
	Perpetuum	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