

MANDATORY EQUIPMENT - Arlberg Ultra 2027

	MANDATORY EQUIPMENT	100	ULTRA	MARATHON	LECHTRAIL	ROOKIE	BUSINESS
CLOTHING	Closed Trailrunning Shoes	X	X	X	X	X	X
	Rainjacket with Hood (min. 10K water column)	X	X	X	X	**	**
	Longsleeve oder Shirt + Arm Sleeves (skin must be covered)	X	X	X	X		
	Long Pants or Leg Warmers (skin must be covered)	X	X	X			
	Gloves	X	X	X			
	Beanie / Head	X	X	X	X	**	**
NUTRITION	Cup (no cups at the aid stations)	X	X	X	X		
	Flasks, Bootle (Capacity)	1L	1L	1L	0,5L		
	Nutrition (>500 kcal)	X	X	X			
SAFETY	ID / passport (only for registration)	X	X	X	X	X	X
	Cellphone	X	X	X	X		
	Mountain Rescue Insurance (recommended)	X	X	X			
	First Aid Kid*	X	X	X	X		
	Head Lamp	X					
	Emergency whistle	X	X	X	X		
	Spikes (min. 0,7cm) - decission by racedirector	X	X	X			
	GPX Track on smartphone/watch	X	X	X	X		

*First Aid Kid

Rescue blanket (210cm x 160cm)
 1 x Compress (10cm x 10cm)
 2 x Dressing packs
 1 x Triangular bandage (recommended)
 4 x Wound plasters (recommended)

**Bad Weather Kid /

decission by racedirector

Rainjacket with Hood (min. 10K water column)
 Beanie / Head