

LIST OF EQUIPMENT AND CLOTHING

1. Hat / cap or bandana / headband
2. Thermal Underwear / Underwear and vest
3. t-shirt for the race, Short Sleeve / Long Sleeve
4. Bermuda / corsair
5. Tights / booster for those who have
6. 4 pairs of normal socks for the race
7. 2 pairs of warm socks for the evening
8. 2 pairs of baskets for the Mountain Race (trial)
9. Slippers to wear after the race
10. Warm silk gloves
11. Polar/ + Gore tex Jacket, warm pants
12. Wind proof clothes / + light weight trousers
13. Sleeping bag, Important (-20 C) degree
14. Toiletry Kit
15. Bath Towel
16. Disposable wet tissue papers
17. Gel + bar + energy drinks
18. Sunglasses + Sun Cream
19. Rubber band or safety pin to attach the paper runner's code on the T-shirt or vest.
20. Sweater

Compulsory Items for the Trip

21. Headlamp with extra batteries, survival blanket for emergency, whistle
22. Water Bottle & holder, or Camel Bag with capacity of 2 litres of water and pharmaceuticals
23. 3m rope + carabiner
24. Water purifying pills
25. walking sticks are authorised.
26. Please do not forget the fact that we will be in high altitude and thus the sun sets early and the temperature goes down quickly. During the Night it can be (-15 C) degree.
27. Also don't forget your personal things like chocolates, nuts and other dry food. If you want to buy almonds and chocolates, you can find them in Kathmandu.
28. You will be provided with a meal at your arrival at anytime before the evening meal.
29. Wishing you a good preparation.

I hereby attach the Pharmacy of Doctor ZELLNER Pascal who will be our Sports Doctor during the whole trip in partnership with IFREMMONT which is highly qualified for the mountains.

DAWA SHERPA