

FORMOSA TRAIL - Mandatory Gear



- **✓ Runner must start and finish the race with the gear listed below ✓.**
 - Random checks will occur during the race, **include finish line.**
 - **✓ Any of items missing = DSQ**
- Not signed Entry Disclaimer = **DSQ**
- ● Very recommended items

Mandatory Gear	104km	75km	40km	18km	10km
<input type="checkbox"/> Hydration pack with min. capacity reservoir/bottles of 2L for 104, 75 and 40km, 0.5L for 18km and 10km	✓	✓	✓	✓	✓
<input type="checkbox"/> Mobile Phone fully charged and ON (recommended take power bank) please give us your phone number on entry disclaimer save two numbers: <ul style="list-style-type: none"> • venue (Eva): 0920-018345 • course (Petr): 0905-120787 	✓	✓	✓	●	●
<input type="checkbox"/> Headlamp has to be ON at least till 6am (or to cpA) <i>(spare batteries for headlamp are mandatory for 75 & 104km)</i>	✓	✓	✓		
<input type="checkbox"/> Second Headlamp or Torch	✓	✓	●		
<input type="checkbox"/> Gloves	●	●	●		
<input type="checkbox"/> BIB and chip	✓	✓	✓	✓	✓
<input type="checkbox"/> Whistle	✓	✓	✓	●	●
<input type="checkbox"/> Light Jacket	●	●	●	●	●
<input type="checkbox"/> Waterproof jacket	✓	✓	✓	●	●
<input type="checkbox"/> Emergency Blanket	✓	✓	✓		
<input type="checkbox"/> First-aid kit <ul style="list-style-type: none"> • elastic bandage for a strapping, min. 100cm x 5cm • adhesive tape • 3pcs povidone-iodine swabs • 3pcs medical patch • antihistamine (very recommended) 	✓	✓	✓	●	
<input type="checkbox"/> Health Insurance Card	✓	✓	✓	●	●
<input type="checkbox"/> Course Map (please understand the course, there will not be marshals)	✓	✓	✓	●	●
<input type="checkbox"/> GPS device with course (gpx download: tinyurl.com/FTGPXMAP)	✓	✓	✓	●	●
<input type="checkbox"/> Energy Reserve (min. 600 kCal , eg. 3x energy bars)	✓	✓	✓	●	●
<input type="checkbox"/> Cash min. 500 NTD	✓	✓	✓		
<input type="checkbox"/> Dish for hot soup and drink (no cups or bowls in CP or in finish)	●	●	●	●	●

For detailed information visit: www.formosatrail.com/rules/

