



# GLACIER TRAILRUN

## Compulsory equipment

As the competitions largely lead across high alpine terrain, every participant is required to carry the following compulsory equipment (there is **no** compulsory equipment for the Top Mountain Run!).

GLACIER TRAIL	62K	42K	26K	14K
Running backpack	X	X	X	
Headlamp	X			
1.5l water or drinks	X			
1l water or drinks		X		
0.5l water or drinks			X	
Drinking cup/mug	X	X	X	X
Waterproof rain jacket with hood	X	X	X	
Gloves & hat	X	X	X	
Cell phone	X	X	X	X
First aid kit (incl. rescue blanket, bandage, tape)	X	X	X	X
Trail running shoes	X	X	X	
Warm clothing (top & long pants or leg warmers)	X	X	X	

- We also strongly recommended: shoe spikes, sunscreen, sports glasses, additional personal snacks, blister plasters
- Elevation profile and detailed timetable will be handed out when you collect your start number
- The organizer will check if you have all the compulsory equipment & clothing with you before the start when you collect your start number and randomly during the competition at the checkpoints
- In case participants do not have their compulsory equipment & clothing with them, the breach of rules will result in a time penalty or disqualification
- **We kindly ask all participants to bring their gel and bar packaging with their personal start number!**