



# STUIBEN TRAILRUN

## Compulsory equipment

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

STUIBEN TRAIL	12K	24K	42K
Running backpack		X	X
0.5l water or drinks		X	
1l water or drinks			X
Drinking cup/mug	X	X	X
Waterproof rain jacket with hood		X	X
Gloves & hat		X	X
Cell phone	X	X	X
First aid kit (incl. rescue blanket, bandage, tape)	X	X	X
Trail running shoes		X	X
Warm clothing (top & long pants or leg warmers)		X	X
Shoe spikes*		X	X

\*It is recommended that you bring shoe spikes with you, as you may have to cross snow fields. Depending on current weather conditions, we reserve the right to add shoe spikes to the compulsory equipment at short notice.

- We also strongly recommended: 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!**

All details at [oetzta.com/trailrunning](https://oetzta.com/trailrunning)