



MANDATORY EQUIPMENT

Questars Long Mynd 25

Important

This equipment list specifies the minimum mandatory equipment required to participate in Questars Long Mynd 25. It is not a complete list of everything you may need. You should check the weather forecast and use your previous experience to determine the kit you should be wearing and carrying. If in doubt, bring it!

There will be a kit check during the registration process on Friday evening and random kit checks will take place during the race. Failure to carry required kit will result in a penalty (2 hours per missing item of kit) and possible disqualification.

Assumed Items

The following items are either strongly recommended or assumed to be a requirement as you must have an understanding of the activities you will be participating in, and general outdoor adventure knowledge and experience:

1. Backpacks (or equivalent) large enough to carry mandatory kit (and running shoes, for specific stages)
2. Water carrying capacity sufficient for the duration of the discipline (bladders, bottles, etc.)
3. Foods and sustenance sufficient for the duration of the discipline, including quantity for unexpected circumstances
4. Personal race clothing and footwear suitable for extreme conditions (including accessories such as gloves, eye protection, etc.)
5. Cycle repair kit (including pump, tubes, tools and spare parts)
6. Dry bags to keep personal and team equipment dry
7. Personal medications, as required
8. Mug/cup for hot drinks at transitions
9. Money/credit card (you will pass pubs and maybe even a fish and chip shop!)

Prohibited Items

To ensure fairness in competition and to maintain the ethos of adventure racing, certain items are prohibited. The following is not an exhaustive list – if it feels wrong, it probably is! The following items are not allowed to be carried at any point during the event:

1. GPS devices that display position, maps or any other location information that may assist a team with navigation. GPS devices may be carried to record your route for post-race analysis (Afterall, if it's not on Strava...)
2. Internet capable devices are not permitted to be used during the race but can be carried for use in an emergency situation (these will be sealed by us pre-race start). If you wish to carry a phone to take photos, etc during the event then the SIM card needs to be removed and sealed prior to race start.
3. Devices or equipment that provide non-human powered propulsion (e.g. motors, etc)



All competitors – all disciplines - at all times

The following items must be carried or worn by all competitors at all times.

Equipment	Quantity	Notes
Race number	1 per competitor	Provided by Questars
GPS tracker	1 per team	Provided by Questars
Race maps	1 per competitor	Provided by Questars on waterproof material
Digital camera	1 per team	Used to photograph in case of a missing checkpoint
Mobile phone	1 per team	Fully charged battery and turned off for emergency use only (we will seal these prior to race start)
First aid kit	1 per team	Must be waterproofed and sufficient to deal with all your medical needs and any minor injuries during the race. As a minimum, to contain: pressure bandage, triangular bandage, sterile wound dressings, anti-septic wipes, strapping tape, antihistamine, anti-diarrhoeal medication, medical gloves.
Survival bag	1 per competitor	Bag (not sheet) of material coated in a metallic reflective agent. Used in emergencies to reflect heat and counter hypothermia.
Emergency shelter	1 per team	Single Bothy bag rated for all team members. Made from waterproof and windproof material and containing air vents.
Whistle	1 per competitor	Pea-less and functional in wet conditions
Head torch	1 per competitor	Waterproof with the required batteries for the discipline
Waterproof jacket	1 per competitor	The jacket must be waterproof and windproof as specified by the manufacturer. Jacket must have a hood and taped seams.
Waterproof trousers	1 per competitor	The trousers must be waterproof and windproof as specified by the manufacturer.
Mid-layer top	1 per competitor	Long sleeve top of synthetic or wool fabric. Mid-weight (greater than 150g), moisture wicking, quick drying.
Baselayer top	1 per competitor	Long sleeve, close fitting top of synthetic or wool fabric. Lightweight, moisture wicking, quick drying.
Baselayer legs	1 per competitor	Long leg, close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking, quick drying.
Baselayer head	1 per competitor	Buff or beanie, close fitting and of synthetic or wool fabric. Lightweight, moisture wicking, quick drying.
Magnetic compass	2 per team	A quality compass to aid you in your navigational pursuits.
Map pen	1 per team	Suitable for marking on waterproof paper.
Watch	1 per team	Allows the team to monitor elapsed race time.



Kayaking equipment

The following items will be provided for the kayak sections. In addition to the below, we will provide kayak seats which will need to be fitted by the competitors as part of their race time – these are not mandatory equipment.

Equipment	Quantity	Notes
Personal flotation device	1 per competitor	Provided by Questars. Must be correctly fastened at all times whilst on the water.
Paddle	1 per competitor	Provided by Questars
Kayak		Provided by Questars

Mountain bike equipment

The following items must be used during the mountain bike stages. Bike hire is available [here](#) for those who need it. Minor bike mechanicals such as punctures or snapped chains will need to be fixed within the team so you will need to carry kit to deal with such issues. We will have a roving bike mechanic for any more serious bike issues (such as broken mechs, snapped cables, etc.). A map board (or equivalent) will be needed to carry the map during the event – we have some available to rent, please contact us to book.

Equipment	Quantity	Notes
Suitable off-road bike	1 per competitor	Suitable for off-road riding and in good working condition
Helmet	1 per competitor	Cycle helmet with an approved safety standard certification (BS EN 1078 or overseas equivalent).
Front light	1 per competitor	Front facing white light. May be head or handlebar mounted.
Rear light	1 per competitor	Rear facing red light with minimum 50 lumen output. Must be mounted on the bike and must be switched on for the duration of the event whilst mountain biking.

Transition bags

Each team will need to provide two transition bags that will be made available to them at various transition points during the event. The race schematic (available at the end of September) will show the points that each bag is available at.

Sleeping equipment

Each team can have one bag that will be available to them at 'overnight' transition areas. The only items allowed in this will be: sleeping bag, small sleeping mat, small pillow, dry sleep clothing.

Post-race equipment

Each team can have one bag that will be available to them at the finish. It is recommended to pack a towel, change of clothes and footwear along with a mug for hot drinks and plates/cutlery for the post-event meal to help us reduce waste.