



## **MANDATORY EQUIPMENT** **EHRWALD TRAIL**

### Clothing:

- closed trailshoes with a grippy sole**
- waterproof jacket**
- longsleeve or shirt and arm sleeves**
- long trousers or leg sleeves**
- gloves and hat**

### Equipment:

- cup for drinks and food during the race**
- water container with a volume of 1,5 liters**
- headlamp with spare battery**
- First Aid Kit**
- mobile phone + saved emergency number**
- route map – printed or stored on the navigation watch**
- Food packaging labeled with personal start number**