



MANDATORY EQUIPMENT **GRAINAU TRAIL**

Clothing:

- closed trailshoes with a grippy sole**
- waterproof jacket**

Equipment:

- cup for drinks and food during the race**
- water container with a volume of 0,5 liters**
- First Aid Kit**
- mobile phone + saved emergency number**
- route map – printed or stored on the navigation watch**
- Food packaging labeled with personal start number**