



Sunny trail category:

Mandatory personal equipment:

- bottle or flask (with min. 0,5L liquid on the start)
- first aid (first band, compress, bandages)
- cell phone (turn on, with a charged battery)
- astro foil

Recommended equipment:

- whistle
- backpack or waistband around the waist
- food (gel, energy bar ...)
- warm clothes (cap, windstopper, gloves) in case of bad weather
- headlamp

Fun&Run i Urban trail category

Recommended equipment:

- dry bag or flask (with min. 0,5L liquid on the start)
- food (gel, energy bar ...)
- warm clothes (cap, windstopper, gloves) in case of bad weather