



## THE BEAST TRAIL - Mandatory Gear (UPDATE)

- ✓ **Runner must start and finish the race with the gear listed below ✓.**
  - Random checks will occur during the race, include finish line.
  - ✓ **Any of items missing = DSQ**
- Not signed Entry Disclaimer = **DSQ**
- ● Very recommended items

MANDATORY GEAR		50km	25km	12km
<input type="checkbox"/>	<b>Hydration pack</b> with min. capacity reservoir/bottles of 2L for 50 and 25km, 0.5L for 12km	✓	✓	✓
<input type="checkbox"/>	<b>Mobile Phone</b> fully charged and ON please give us your phone number on entry disclaimer save two numbers: <ul style="list-style-type: none"> <li>• venue (Eva): <b>0963-539346</b> or 0920-018345</li> <li>• course (Petr): <b>0905-120787</b></li> </ul>	✓	✓	●
<input type="checkbox"/>	<b>Headlamp</b> for 50km has to be <b>ON</b> at least till 6am (or to cpA) <i>(spare batteries very recommended)</i>	✓	✓	
<input type="checkbox"/>	<b>Second Headlamp or Torch</b>	✓	●	
<input type="checkbox"/>	<b>Gloves</b>	●	●	●
<input type="checkbox"/>	<b>BIB and chip</b>	✓	✓	✓
<input type="checkbox"/>	<b>Whistle</b>	✓	✓	●
<input type="checkbox"/>	<b>Light Jacket</b>	●	●	●
<input type="checkbox"/>	<b>Waterproof jacket</b>	✓	✓	●
<input type="checkbox"/>	<b>Emergency Blanket</b> (provided – exchange with Entry Disclaimer)	✓	●	
<input type="checkbox"/>	<b>First-aid kit</b> <ul style="list-style-type: none"> <li>• elastic bandage for a strapping, min. 100cm x 5cm</li> <li>• adhesive tape</li> <li>• 3pcs povidone-iodine swabs</li> <li>• 3pcs medical patch</li> <li>• antihistamine (very recommended)</li> </ul>	✓	●	●
<input type="checkbox"/>	<b>Course Map</b> (in race pack for 50km, please understand the course, there will not be marshals)	✓	●	
<input type="checkbox"/>	<b>GPS device</b> with course ( <a href="#">.gpx download</a> )	✓	●	
<input type="checkbox"/>	<b>Energy Reserve</b> min. 600 kCal , eg. 3x Runivore bars)	✓	✓	●
<input type="checkbox"/>	<b>Cash</b> min. 500 NTD	✓		
<input type="checkbox"/>	<b>Dish</b> for hot soup and drink (no cups in CP)	●	●	●

For detailed information visit: <http://www.beastrail.taiwanbeastrunners.com/race-info/rules/>

