

EQUIPMENT

5.1 Compulsory equipment*

Basic equipment for the 105 km, the Marathon de l'Atlas and the Virée d'Ikkiss :

- A cup: min. 15 cl
- A survival blanket: min. 1.40 m x 2 m
- A whistle
- Jacket & pants that breath and are waterproof* (Gore-Tex or similar), to cover up in bad weather in the mountains (snow, fine hail, rain).
* minimum recommended 10,000 Schmerber
- A warm base layer: light jacket or T-shirt with long sleeves, min. 180 g (cotton prohibited), adapted to the sex and the size of the participant.
- Pants, long running tights or mid layer tights & composition of various elements that cover the entire leg (short johns + high socks)
- Hat, cap or bandana
- Warm and waterproof gloves
- Race road book
- ID

In addition, for the **Ultra Trail Atlas Toubkal** (105km / 8000D+)

- A water supply of min. 2 liters
- Two headlamps in good condition with energy supply for 2 nights
- A lighter
- Emergency kit : anti-diarrhea, paracetamol (2g), antiseptic, medical compresses, bandages for a wound or a strapping (min. 80 cm x 3 cm), water purifying tablets (eg. (Micropur, Aquatabs, Hydroclonazone).
- Food supply : min. 1500 kcal
- A mobile phone, fully charged and operational in Morocco Register the organization's emergency number in your phone and make sure your own number is not concealed.
- A min. of 200 Dirhams in cash for any unexpected expenses
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In addition, for the **Marathon de l'Atlas** (42km / 2600D+)

- A water supply of min. 1,5 liters
- One headlamp in good condition with sufficient energy supply
- Food supply : min. 800 kcal

- A mobile phone, fully charged and operational in Morocco Register the organization's emergency number in your phone and make sure your own number is not concealed.

In addition, for the **Virée d'Ikkiss** (26km / 1400D+)

- One headlamp in good condition with sufficient energy supply
- A water supply of min 1 liter
- Food supply : min. 500 kcal

**This list of compulsory equipment may change due to the actual weather conditions expected during the race.*

***minimum 10 000 Schmerber*

The racer must make sure his/her jacket meets the requirements in the regulations. In case of a gear check only the opinion of the race marshal will be retained.

5.2 Additional recommended equipment

- Telescopic poles *
- X-tra set of base layer
- Compass
- Knife
- String
- Sun cream and sunglasses
- Vaseline or anti-heating cream
- Blister plaster
- Sewing kit

**Would you choose to take poles you must carry them for the duration of the event.*