

# OBLIGATORY EQUIPMENT

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Participants in Oslo Trail Challenge must carry the following equipment:

- Backpack with attached reflective marking
- Wind- and water-proof jacket with hood
- Wind- and water-proof long trousers
- Warm cap
- Gloves
- Warm midlayer top (wool) with long sleeves
- For 200 and 100 km: 2 well functioning headlamps, with spare batteries. For 55 km: 1 well functioning headlamp, with spare batteries.
- Aids for navigation: GPS-supported unit (e.g., handheld GPS unit, GPS watch, mobile phone) or paper map and compass
- Mobile phone
- Power bank
- Drink reservoir with a total volume of minimum 1 litre
- Survival blanket
- Food
- Drink
- A payment card

All obligatory equipment is to be carried all the way from start to finish.

## Comments

If you choose to use walking poles, you must carry them through the whole race, from start to finish.

If you are using the mobile phone for navigation: Beware that the routes passes trough areas without service.

You need to carry a power bank and spare batteries with sufficient capacity to support the telephone and other equipment requiring electricity (GPS unit, headlamp, etc.).

The backpack must have reflective marks, for you to be seen in the dark when crossing or following roads.