

2019 八百流沙极限赛 | 火星站

2019 ULTRA GOBI | MARS

强制装备清单 MANDATORY EQUIPMENT

序号 No.	组委会提供的强制装备 Mandatory items provided by the organizers (to be carried AT ALL TIMES)	400KM	200KM
		八百流沙极限赛	八百流沙夺符战
		数目 Amount/Unit	数目 Amount/Unit
1	赛事号码布 Racing Bibs	2	2
2	赛事计时卡 Timing Card	1	1
3	定位器 Tracker	1	1
4	赛标和国旗标 Ultra Gobi Race patch and national flag patch	2 套 Two sets	2 套 Two sets
5	防狼喷雾 pepper spray	1	1

序号 No.	选手自备强制装备 Items prepared by runner (to be carried AT ALL TIMES)	数目	数目
		Amount/Unit	Amount/Unit
1	背包 Backpack (must have enough capacity for the equipment required)	1	1
2	容量 (* L) 水系统 Hydration system (minimum capacity of * L)	2L	1.5L
3	睡袋(睡袋舒适温度-5 摄氏度) Sleeping bag (comfort temperature range must include -5°C)	1	1
4	头灯 (不低于 80 流明) 及备用电池,持续时间不少于 70 小时, 电池可存放在寄存包里, 但休息站与休息站之间必须保证能持续使用且随身携带。 Headlamp (minimum brightness 80 lumens) and spare batteries for 70 hours of usage minimum, batteries can be stored in drop off bags but enough to last from rest station to rest station must be carried at all times.	2	2
5	中国适用的卫星电话及备用电池, 电池可存放在寄存包里, 但休息站与休息站之间必须保证能持续使用且随身携带。 Satellite phone (and battery charge must last for 7 days)	1	1

	usable in mainland China. Batteries can be stored in drop off bags but enough to last from rest station to rest station must be carried at all times		
6	手持 GPS (不是手机上的 APP) 及备用电池,持续时间不少于 150 小时, 电池可存放在寄存包里, 但休息站与休息站之间必须保证能持续使用且随身携带。 Handheld GPS unit (mobile phone – based GPS not acceptable) with batteries for 150 hours of usage – batteries can be stored in drop off bags but enough to last from rest station to rest station must be carried at all times.	1	1
7	急救包: 酒精棉, 救生毯, 绷带, 止泻药, 止痛药 (个人药品), 唇膏, 防晒霜 (SPF 50), 石膏或胶带 (建议肌效贴)。 Medical Kit: disinfectant wipes, emergency blanket, bandages, antidiarrheal medicine, painkillers (personal medicines if required), lip balm, sunscreen (SPF 50), plaster or tape (kinesio tape recommended).	7 天使用量 sufficient for 7 days	3 天使用量 sufficient for 3 days
8	供赛事全程使用的食品 (包装标示热量值合计不低于***千卡) Food with the minimum calorific value of*** Kcal 队员出休息站至少携带包装热量值不低于 2000 千卡的食品。 2000Kcal must be carried in the back pack after leaving each rest station	25000 Kcal 7 天使用量 sufficient for 7 days	12500 Kcal 3 天使用量 sufficient for 3 days
9	防风外套, 如 windstopper 面料等 Windstopper jacket or shell	1	1
10	羽绒服 (蓬松度 800 以上) Down jacket (800 minimum filling)	1	1
11	帽子或遮阳帽, 保暖帽 Cap or visor, Warm hat	各一个 One for each	各一个 One for each
12	救生口哨 Emergency whistle	1	1
13	应急闪灯(及备用电池) Flashing light (with enough batteries)	1	1
14	户外多功能刀具 (瑞士军刀或相似工具) Swiss army knife or similar tool	1	1
15	太阳镜 Sunglasses	1	1
16	手套 Gloves	1 双 1 pair	1 双 1 pair

中国适用的卫星电话选手可自行购买, 也可让组委会代为租赁 (参照租赁协议), 注册报名时请注意选择租用选项。

You can use your own satellite phone or rent one from organizer (please see conditions of rental). When signing up for the race, please indicate whether or not you need to rent a satellite phone.

所有强制装备必须随身携带。

Mandatory equipment must be carried by the participants at ALL TIMES during the race.

备注: 组委会提供寄存包和标签卡片

Note : The drop-off bags and labels will be provided by Race committee.

序号 No.	建议携带装备 Recommended items (can be stored in drop bags)	数目 Amount/Unit	数目 Amount/Unit
1	手杖 / 登山杖 hiking poles	1 双 1 pair	1 双 1 pair
2	垫子 Mat or thermarest	1	1
3	耳塞 (强烈建议: 在休息站睡个好觉) Earplugs (highly recommended for better sleep at rest stations)	7 天使用量 Enough for 7 days	3 天使用量 Enough for 3 days
4	反光镜 Emergency mirror	1	1
5	指南针 (随身携带) Compass (can be carried rather than stored)	1	1
6	越野跑鞋 (强烈建议厚底型) 和多余的跑鞋 Trail running shoes (well-padded models strongly recommended) and Spare pair(s) of running shoes	1-2 双 1-2 pairs	1-2 双 1-2 pairs
7	凡士林或防磨膏 Vaseline or antichafe	1	1
8	魔术头巾 Buff	1	1
9	防水袋或塑料包 Waterproof bag /plastic bag(s)	1	1
10	电解质 Electrolytes	7 天使用量 Enough for 7 days	3 天使用量 Enough for 3 days
11	能量胶 Gels	7 天使用量 Enough for 7 days	3 天使用量 Enough for 3 days
12	保暖袜、跑步袜和多余的袜子 Warm socks, Running socks and Spare running socks	多双 many pairs	多双 many pairs
13	腿套或鞋罩 Gaiters	1	1
14	袖套 Arm-warmer sleeves	1	1
15	短袖上衣或 T 恤 Short sleeve top or t-shirt	1	1
16	长袖跑步上衣和紧身衣 Long sleeve running top and Running tights	1	1
17	长裤 Trousers	1	1