

Obligatory equipment for the Anapurna100/70/50k Ultra Trail 01-01-2012

The race is well serviced with food & drink stations and regularly passes through mountain villages with tea-shops and basic lodges/restaurants that offer additional supplies and shelter for those in need. Nevertheless, for safety reasons, runners need to be prepared and carry a minimum of supplies and equipment to cover for nightfall, changes in weather, hypothermia, and unexpected circumstances.

The items marked with an (*) are obligatory for all, those unmarked only for the non-Nepali speaker

- 1. Head light or torch ***
- 2. Survival blanket ***
- 3. Rain jacket with hood /poncho ***
- 4. Long sleeved shirt ***
- 5. Some energy bars/gels or other calorie rich snack (e.g. dried fruit & nuts) ***
- 6. Map (we will give you one)**

Gear suggestions

The temperature at 5:30AM on race day will be approx. 7-10°C. During the day, unless we are very unlucky, shorts and a normal running shirt are sufficient. When one stops for more than a couple of minutes a second and even layer is advisable (additional thermo shirt, fleece) to becoming cold. We expect clear and sunny weather and most will require sun protection. Don't wear a singlet, but a shirt that at least covers shoulders and neck, or even a long sleeved shirt if you have sensitive skin. Sensitive skin makes wearing tights also advisable. If you opt for shorts, you may still consider taking tights along for the later

stages of the race when you are tired and more prone to the cold. Bringing thin gloves and a hat makes sense for the same reason.

Apply (and take along sunscreen), and wear a cap. You may also consider taking a small medical kit for blisters and abrasions in case you want to be able to take care of those between checkpoints.

It is advisable to have spare batteries with you for your head light/torch.

Trail running shoes are advisable; at the higher altitudes (Deurali before Ghorepani) there may be stretches of snow and the grip of your shoes does matter. If you have lightweight collapsible poles, take them along. They will help you navigate slippery snow patches and make descents easier later in the race when you are tired.

As you are going to be a lot in village areas, take money along in small notes/change. Rs 3,000 (30 Euro) will be more than enough. We provide basics at the checkpoints (water, tea, noodle soup, potatoes, biscuits, cheese) but you can also just stop at a shop and get yourself the coke, chocolate bar, energy drink, or any other goody that is going to help you through a temporary dip. Prices rise with altitude/distance from the road head. Some indications:

- Half liter of Coke: from Rs. 100 - 200
- Mars bar: from Rs. 80 - 150
- 1 litre bottle of water: Rs. 20 -100

There is going to be mobile phone reception on a fair bit of the route. Take your mobile along and pre-program Ramesh Battachan's number: +977-985 602 7799!