



سباق مصفوت الجبلي  
**Masfout Trail Run**



# MANDATORY GEAR

Must carried at all time during the race.

ITEM	DESCRIPTION	24KM	10KM
	Running backpack. 10L-12L is recommended.	✓	✓
	Water supply of minimum 1.5-2L.	✓	✓
	Trail shoe with a good grip.	✓	✓
	First Aid Kit (For treating minor wounds)	✓	✓
	Fully charged headlamp. Spare batteries are recommended.	✓	✓
	Fuel/ Food reserve.	✓	✓
	Carry your ID or any identification card.	✓	✓
	Waterproof jacket /wind breaker.	✓	✓
	Base layer or a thin warm layer.	✓	✓
	Hat or cap to protect from the sun. Sahara cap is recommended for the Elite distance participants.	✓	✓
	Mobile phone (fully charged battery and must be able to call out)	✓	✓
	Soft Cup (Drinks will be pumped, not given in bottles at some stations).	✓	✓
	Survival blanket.	✓	✓
	Emergency whistle. (Can be a whistle on your backpack or carry this one).	✓	✓



# OPTIONAL GEAR

It is not mandatory and is up to the runner's preference.

ITEM	DESCRIPTION	24KM	10KM
	GPS watch (runners can download the gpx file and follow the course map)	✓	✓
	Trekking poles	✓	✓
	Sunglasses	✓	✓
	Sunscreen	✓	✓
	Cash money	✓	✓
	Gloves	✓	✓
	Snood or Buff	✓	✓
	Power bank or mini portable charger	✓	✓