

## FEMUNDLØPET / THE FEMUND RACE 2019

### - DECLARATION – RULES AND MANDATORY EQUIPMENT

#### 4.14 Mandatory equipment (see comments SC)

It is mandatory to have the equipment listed below, in the sled during the whole race. It is required that the equipment be functional when approved so that the participant is able to survive extreme situations regardless of the weather conditions. The equipment may be checked at the start, the checkpoints and at the finishing line.

- Relevant maps (1:50.000) from Statens Kartverk with marked trail, or GPS with marked trail and up to date map (1:100.000)
- Magnet Compass
- Veterinary handbook (to be handed out at registration).
- Water boiler (se description) with a container sufficient to heat a minimum of 0,5 litres of water per dog, + 0,5 litres red sprit for F-Junior and F450 and + 1 liter for F650.
- Dog bowls and ladle.
- Snow spade.
- Axe or large knife
- Blankets for all dogs
- Lined extreme wind bag. Minimum weight shall be at least 2000 g. Jerven or similar.
- Sleeping bag for extreme conditions. The bag shall weigh at least 2000 g and provide sufficient shelter and heat down to – 30 C.
- Sleeping pad.
- First aid kit.
- Cold weather winterwear with reflectors that are well visible in the dark from front and back.
- Extra set of clothes with under- and outerwear, gloves and hat, socks and winterboots. Note: this must be packed in a waterproof bag.
- Extra headlight and extra batteries.
- Light stick or rescue light (must be carried on the body).
- Matches packed in plastic or a similar watertight container (must be carried on the body).
- 8 booties per dog out from each checkpoint, including booties that are in use.
- Emergency supplies of dog food, 500 g per dog in the team at the start. The emergency supplies shall be packed separately and sealed by the organizer. Broken seal may lead to disqualification. Remember the 24 hours rule from the previous checkpoint.
- Emergency food supplies for musher. Minimum weight 500 g. To be used 24 hours after leaving previous checkpoint. Mandatory equipment that is lost or broken may be supplied or replaced from the depot/handler. The equipment must then be presented to the Race Manager, Technical Delegate, Race Coordinator or Checkpoint Manager for approval of the replacement (to be noted by Technical Delegate).

**I hereby declare that I have read and understood the rules and regulations of Femundløpet 2019 and I take complete responsibility for my decisions and actions during the race. I also declare that I have read and understood the rules for obligatory equipment for Femundløpet and will follow these rules. I also declare that I have an accident and third party liability insurance. I am aware that in the case of serious incidents the Femundløpet will make a press release and publish information on their website.**

Name: \_\_\_\_\_ Bib number: \_\_\_\_\_ Class: \_\_\_\_\_

Name & mobile phone of handler: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_