



CORSICA RAID AVENTURE

INFORMATION NOTE

MANDATORY EQUIPMENT

List of Mandatory Equipment = Security

The list below is a list established with a view of minimum racers safety, taking into account the various situations that can cause the mix of environmental conditions in Corsica and on the Corsica Raid Adventure.

The terrain, profile and vegetation are excessively diversified, the weather conditions are particular (large changes between sea level to the high mountains, etc.), the race takes place in the environment described above, night and day, with multiple activities planned; the race profile of each Corsica Raid; all these points have been considered to determine the list of mandatory equipment.

This is based on all of these parameters that we define a list of mandatory equipment in terms of safety. This list is prepared to insure minimal safety and which the equipment below is indispensable.

This list has been validated by a qualified technical team concerned by the racers safety of the Corsica Raid Adventure.

So, it is at each team to develop its own list of materials on the minimum requested or beyond, and to add a number of other materials, according to its own expectations in terms of managing and race comfort.

By default, all mandatory equipment are required on all sections of the race. When one or more equipment are not mandatory, it is specified on the road book or by a setpoint given by the direction of the race.

Conformity and good state of use of your equipments

All materials must of course be in the standards/norms and in good state of use. The organizers reminded participants that they are solely responsible for the compliance of their equipment; these equipment must be compliant with the actual norm and in good functioning condition/state of use. Note: Ropes kits, textile and plastic products (harnesses, lanyards, helmets) have an end-of-life date defined by each manufacturer. Each participant is solely responsible for the compliance of the good condition of use, and the proper use of its equipment.

Plan to have dry equipments !

All your equipment can be wet by the rain either to fall in the water in canyoning, in kayak, in sea swimming for example. The waterproofness is thus more than recommended. To do it, several methods: binbag waterproof, specific waterproof bags, etc.

Do you have questions about the equipment ?

If you have any questions about the choice of your equipment, its conformity or its state of utilisation. Don't hesitate to ask us. Our team will be glad to bring you an answer.

There are certain equipments that you do not have ?

Before buying, take time to think. Who can lend you this equipment ? A friend or a friend of a friend who already practice such or such discipline and who has the equipment ? A club of adventure racers in your region ? The diverse departmental and regional committees, all the clubs. But also bases adventure and the professionals, the specialized sports stores. And this is valid for the mountain, climbing, canyoning, speleology, canoeing, mountain bike, scuba diving, etc.

Want to rent equipment in Corsica ?

Be careful, Corsica is a small island and thus there are only small parks of rent of material sports-adventure : sea kayaks, mountain bikes, wetsuits for canyoning ropes kit. Contact us : info@corsicaraid.com.

Prohibited Materials :

- ▶ All means of transportation other than those authorized by the organization are prohibited.
- ▶ All external help support for the progression on the race.
- ▶ The use of generators or other tool making some noise is prohibited.
- ▶ The use of electronic means of routing (GPS, mapping software, etc ...).

1. PERMANENT MANDATORY EQUIPMENT

1-1. PERMANENT MANDATORY EQUIPMENT PER TEAM IN RACE

► A **compass**.

► An **Altimeter** (watch altimeter with GPS accepted. No map should be uploaded to the watch. No map should be consulted on the internet.

► **Indelible ink Pen with large tip** writing on any surface.

► A **stove** and its **fuel** and a **container of minimum 50 cl** for heating (not in plastic).

Stoves commando, small and light, are widely used.

► A **lighter**

► **Map extracts** and **Road Book** of the Corsica Raid, provided by the organization.

► An **emergency pharmacy** (except contraindication) with :

- 1 kit of Band Aid (gauze, tape, antiseptic, Steristrip).
- 1 Analgesic (as paracétamol)
- 1 Anti-inflammatory (as Ibuprofène).
- 1 roll of strapping tape 10cm large (and a good stock with the assistant).

Also recommended are:

- enough to cure blisters.
- by adding salt for prevention of dehydration during effort.

- medication to treat diarrhea like Smecta,
- medication for nausea, vomiting, like Vogalene.
- medication for stomach ache, like Spasfon.

► An **emergency mobile phone**, if necessary to contact the organization (physical urgency, urgency on facts of race, etc.).

a. Type of telephone:

Smartphone with GPS and application of localization (latitude and longitude) in case you trigger a search.

It must be equipped with a camera (useful for example when a beacon was removed : you take a photo of the place and you send a MMS (message) to the organization.

b. Telephone network :

Bouygues Telecom. If you also have Orange or SFR you will optimize your cover.

Ideally: double sim card Bouygues Telecom & Orange or 2 telephones.

c. Sealing :

Except for taking photo or video it's forbidden to use your smartphone as routing tool with an application (google map, here, citytrail, ... etc) or internet map site (geoportail, trace gps, ... etc). You can't call an other person except a member of the organization in emergency.

Your mobile can be verified by the organisation to ensure respect of the rule.

d. Shock-Protection :

We advise you to protect well your emergency mobile phone.

For example in a pocket or in a watertight container and some foam to secure the material (not given by the organization).

e. Numbers Organization and Emergencies :

Upon your arrival on the race you have to record the numbers urgency organization and information organization in memory in your emergency mobile phone as well as in the telephones of the assistants.

1-2. PERMANET MANDATORY EQUIPMENT PER RACER IN RACE :

- ▶ A **survival blanket**.
- ▶ A **Whistle**.
- ▶ A **headlamp** with accumulator (battery) or with piles with extra piles if needed. Your headlamp must have a minimal autonomy of 10 hours.
- ▶ **Drinks and food** in sufficient quantity for the various conditions existing during the race.
- ▶ A **jacket windproof and waterproof** (windproof jackets type K-Way, poncho, oilskin, are forbidden).
- ▶ A **long sleeved polar fleece**.
- ▶ A **pants windproof and waterproof and assuring a good calorific protection OR a pants windproof and waterproof and a thermal sub-pants** (examples: calorific tights or polar sub-pants or doubled Lycra). Simple pants type k-way are forbidden.
- ▶ A **winter hat/beanie** (buff simple layer are forbidden).

- ▶ A **bracelet of participation**. At the beginning of the race, the organization gives to each participant an untearable bracelet. This bracelet must never be removed during the race. If you had to cut it to an absolute necessity reason, it is mandatory to ask the race direction to change it before taking the departure of the next stage or section.
- ▶ A **backpack** that can hold all the different necessary equipment for each racer on the different race sections. See the backpack-specific paragraph at the end of this Information Note.

By default, all mandatory equipment is required on all sections of the race.

The headlamp, jacket, polar fleece, pants, winter hat/beanie, may not be required on certain sections (trek sections followed by a canyon, canyoning for example, sea kayaking, sea swimming). This is specified on the Road-Bookor by a setpoint given by the direction of the race.

2. MANDATORY SPECIFIC EQUIPEMENT OF SECTIONS BY TEAM

2-1. SEA KAYAK :

▶ Sea Kayak(s) :

- CRA4+AST : 2 two-seater or 4 one-seater or 1 two-seater and 2 one-seater
- CRA2+1 : 1 two-seater or 2 one-seater

Each team is responsible for selecting the type of kayak that she brings and uses on the Corsica Raid, based on the capacities and technical skills of each racer to ensure its own safety on sea and the security of the crew : self-draining sea kayak or with skirt.

Nota: Fiber Sea kayaks, carbon or similar, wood, are prohibited.

Only sea kayaks stricto sensus are allowed (surf kayak are prohibited).

No means of propulsion other than paddles are allowed (sail, kite or similar system, pedals, etc ...). Stabilizers, water wing annexes (catamaran type or trimaran or canoe for example) are prohibited.

Rudders are allowed.

2-2. MOUNTAIN TREK – MOUNTAIN TREKKING – NIGHT SECTIONS :

- ▶ One or several **tents** or **closed emergency shelter** which can put under cover the racers in race.

2-1. MOUNTAIN BIKING :

- ▶ **1 Kit of repair**. Each team must choose their repair tools and their parts and materials. MTB playgrounds are often challenging.

3. MANDATORY EQUIPEMENT BY RACER IN RACE SPECIFIS TO SECTIONS

3-1. SEA KAYAK :

▶ **Paddles**

▶ **Life jackets.** Life jacket is mandatory. Life jacket must be within reachable on the boat or it must be wear following the indication of the sea kayaking organization technicians in sea conditions that requires it.

▶ **A pair of shoes** by racer. Wearing shoes is mandatory (in case of problems with the delicate coast approach).

◆ For the sea kayak with skirts, **wearing the skirts is obligatory whatever the sea's conditions.**

◆ For the sea kayak with skirts, **the straps of the skirt must be worn under the race jersey.**

◆ Wearing backpacks is prohibited with the lifejacket, but the wearing of water bags is allowed. Backpacks can be stored on or in the kayak. In the latter case the backpacks are not placed between the legs of the paddlers in the manhole of the closed kayak.

3-2. MOUNTAIN BIKING :

▶ **A mountain bike.** Every MTB with motor-assisted or similiary system, with the same result are forbidden.

▶ **A mountain bike helmet** (climbing/canyoning helmets are forbidden, except those which are normalized for this) to be worn on your head for the duration of the section.

▶ **Gloves of MTB** to worn on your hands for the duration of the section.

▶ **A MTB plate** to fixed on the front of the bike (provided by the organization).

◆ If night MTB section (information given well before the race): **chasuble of road safety + Lighting** of the MTB according to existing standards.

NOTA:

- The map holder is made without projecting edge. The ends and protrusions must be protected.

- When using a traction system: it must be releasable at all times and not be used in downhill.

3-3. MARINES AND SUB MARINES SNORKELLING SECTION :

Organization says well before the race if this discipline is in the race program.

▶ **A mask** or **swimming glasses** and a **tuba**.

▶ A pair of **flippers** (possibly required depending on the type of section).

▶ **A neoprene wetsuit.**

Advise : prefer a light wetsuit for example in 2 mm (shorty authorized). You can use the wetsuit of canyon if you wish but it will be very cumbersome.

◆ Swimming accessories allowed: Pullbuoy, Pads, Board, Buoys, etc .

◆ The backpack is forbidden on the back, unless it has a system or device allowing it to float (type waterproof bag) or if the racers has a system to aid the flotation.

3-4. CANYONING:

▶ A full **neoprene wetsuit**, in either one or two pieces, but with hood (fixed or removable).

3-4. MOUNTAIN SECTION WITH SNOW :

- ▶ A pair of glasses
- ▶ A pair of gloves

3-5. ROPES AND CANYONING, MOUNTAIN TREK AND SNOW SECTIONS :

- ▶ Climbing **seat harness**, or canyoning seat harness or adventure race seat harness.

Skiing/mountaineering harness, expedition harness, alpinism harness, are prohibited.

The friction generated by the use of harnesses in Canyon during the race (slides, climbing down, handrails ...) make climbing harnesses «light» not recommended and may be refused.

It is appropriate that your harnesses provide adequate protection to prevent premature wear points. If you want to keep your «light» harness, and on condition that the manufacturer has specified that it could be used in adventure racing, the solution is in the addition of your harness, to add a sit protection.

- ▶ A **descender type 8** with the exclusion of any other type of descender.

The 8 descender must be attached to the seat harness with a **screw carabiner**.

- ▶ A climbing **helmet** and canyoning helmet (mtb helmet and flexible helmet type kayak or whitewater helmet are prohibited), or a multi-activity helmet planned for canyoning and climbing by the manufacturer.

- ▶ An **ascender handle with a security screw carabiner**.

The mechanical self-locking are prohibited (Tibloc, Ropman, Croll, Shunt, etc.).

- ▶ An **additional screw carabiner**, for security.

- ▶ Progression on snowy terrain: **sunglasses + gloves**.

- ▶ A **pair of gloves**.

Gloves protect hands from the cold, but also against friction, and even injury.

You need strong gloves, with good protection, thick but not too much because it may interfere during handling ropes.

In general, racers use biking or sailing gloves with padded palm or construction or gardening gloves in leather.



► **A double asymmetric lanyard with 2 classic straight simple carabiners - UIAA standards (WITHOUT locking system**

whether manual (screw) or automatic (ferrule or ring).

* **Either a dynamic rope with a minimum diameter of 9mm :**

1. The short lanyard must be equivalent to the length of the forearm.
2. The long one should not exceed the length between the attachment point and the utstretched arm, to always be able to reach the carabiner.
3. It is important that the knots are tight.
4. To ensure that the carabiner is still in right position, it is important to fix the rope at the bottom corner of the carabiner so that it is locked against rotation (specific knots, adequate elastic, piece of inner tube, etc. ... Or manufactured systems).

Info : free strands must be short (minimum length: three to four fingers between the knots and the end of the rope to absorb the tension of the knots, the gradual tightening use ...)



* **Or a double asymmetric double lanyard made by a manufacturer.**

Attention, the double asymmetric lanyard must be attached to your harness, each manufacturer specifies in its notice its own recommendations (with a lark's head or with a quick link that you need to provide).

Attention of the choice of your double asymmetric lanyard manufacturer, manufacturer's lanyards with shock absorbers and/or via ferrata lanyards are prohibited.



Reminder Total Carabiner :

* Screw carabiners : 3 : 1 for the 8 (decender) + 1 for the ascender handle +1 for security.

* Simple carbiner (WITHOUT locking system): 2 for the double asymmetric lanyard.

4. BACKPACK – Advises:

One of the questions of any adventure racer participating for the first time at Corsica Raid Adventure, is to know which backpack to choose?

1. TECHNICAL SPECIFIC PARAMETERS:

The different types of backpack for adventure races or ultra trails seem to be a good choice, but it will be necessary to be careful to be able to put all your equipment inside ! Take the time to read this Information Note Materials, it will allow you to understand what compulsory materials must be permanently in your bag, you will be able to realize the size of the Bag you need.

There is a very wide range of backpacks in all manufacturers. And to say yes or no to the material that corresponds exactly to you and beyond the regulatory aspect is impossible. Each racer must keep in mind that all of this is very subjective ... Because besides the model which "you like", it is necessary to take into account several parameters, of which:

- The volume of the bag according to the own volume of your personal materials,
- The comfort of the bag on your back
- The compartments you want to have,
- The backpack compression system ...
- Having a water pocket (the bottle holders on the shoulder straps are forbidden).
- It also depends on the volume of the supplies that each one decides to carry in the race on race sections of a small half - hour until other sections sometimes of about ten hours.

Here are some indications and contraindications:

- A backpack of 20 to 30 liters is usually the right size.
- A backpack with elastics and nets will be better for attaching punctually additional material (mountain rope kits, canyon wetsuit, ... etc), or you will need to add 2-3 meters of elastic
- Trail backpacks are not recommended because they are often too small and in contradiction with the rules of visibility.

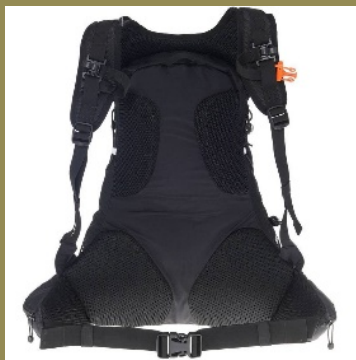
2. REGULATORY PARAMETERS OF PROMOTION:

The principle is clear: we must always see the logo and brand Corsica Raid Adventure, as well as any partners of the race. Thus the map holders are prohibited to not obstruct the race jersey. The cartographic extracts and the race road-book are made of waterproof paper so that they do not need to be protected by a map holder; and can be slipped under your shorts or in one of your pockets.



BACKPACK THAT WE HAVE ACCEPTED :

27 liters, not very heavy, with large opening, chest straps and lap belt, integrated water pocket.



PROHIBITED MODELS: Backpacks with gourd holders, nets, and other systems on the front of the backpack and hiding the logos of the race shirt are prohibited.

