ADVENTURE RACING WORLD SERIES
PROVISIONAL MANDATORY EQUIPMENT LIST

ARWC 2026 – Corsica is Magic

Final Version

The AR World Series members using this list have collectively agreed on standard mandatory equipments, and definitions of this equipment, that individuals and teams must carry while participating in an AR World Series adventure race. They have also agreed on the rational and logic for the inclusion of items on this list. Additional items may be added by race organisers where they are specific to their location, conditions or laws of the host country.

PERSONAL RESPONSIBILITY AND ASSUMPTIONS - You and your team together are responsible entirely for carrying suitable and appropriate equipment, clothing and sustenance for the climate, conditions and activities in the event. This Mandatory Equipment List is NOT a list of the only items you should take. It contains the mandatory items that you and your team must carry with you, at specified times, to meet minimum safety requirements by law, prevent and/or treat SOME potential injuries, and short term survival purposes (for example a seriously injured team member, in a stationary position, overnight in bad weather). It assumes your team members will NOT separate during the race and that you may share between members the mandatory equipment that must be carried. You will certainly need additional equipment, clothing, food and drink for your participation in the event.

RECOMMENDED AND INFERRED ITEMS

The following items, categories of equipment or related items, are either strongly recommended by organisers, or assumed to be an inferred requirement as competitors must have an understanding of adventure racing, the activities they will be participating in, and general outdoor adventure knowledge and experience.

- Backpacks and water carrying containers/ bladders/ bottles.
- Foods and sustenance, sufficient until the next re-supply, including quantity for unexpected circumstances.
- Personal race clothing and footwear suitable for extreme conditions (including accessories such as hats/ gloves, eye protection, watch/altimeter as required and clothing for water activities such as wetsuits).
- Cycle repair kit (including pump, tubes, tools and spare parts).
- Waterproofing/ dry bags to keep personal and team equipment as dry as necessary.
- Water purification device or chemicals - to avoid illness from drinking contaminated water.
- Personal medications (not in contravention of anti-doping rules) permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification tags, sun protection creams.
- Money/ Credit card, personal identification card/ Passport, immigration or visa certificates.
- Additional and back up Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.

RULES - As a competitor in the AR World Series event using this list, you and your team are required to carry the mandatory equipment items with you at the specified times. Checks of mandatory equipment may occur during the race and missing equipment may result in penalties or disqualification as per the race rules. If any items are used/ consumed/lost during a leg, they must be replaced at the next transition point.

The mandatory equipment is divided into two categories, equipment you and your team must carry at ALL times, and equipment you and your team must carry during a specific DISCIPLINE.

PROHIBITED ITEMS - Prohibited items are outlined in the ARWS Rules of Competition https://arworldseries.com/resources/ There are specific rules on items containing GPS, communications/ internet capabilities and items that could potentially assist with navigation.

	ALL TIMES - ALL DISCIPLINES ARWC 2026 - CORSICA			
Yes/No	**Name**	**Image**	**Quantity**	**Description**
✓	**Official Race Bib** (Vest/ Jersey/ Bib)		1 x per competitor (no share)	The official race bib must be worn by each competitor at all times as the outermost garment. Vest/packs that cover the front of the bib are not permitted except with lifejacket. **Race bibs are provided by the race organizers.**
✓	**Whistle**		1 x per competitor (no share)	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
✓	**Light Source** (Headlamp)		1 x per competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g. headlamp, cycle lights.
✓	**Shell Layer Top** (Jacket)		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have a hood, seams tape sealed and suitable for potentially extreme conditions in an adventure race. Laminated minimum two layers.
✓	**Shell Layer Bottom** (Pants)		1 x per competitor	The shell/ outer layer pants must be waterproof and windproof as specified by the manufacturer. Pants must be seams tape sealed and suitable for potentially extreme conditions in an adventure race.
✓	**Mid Layer Top** (Fleece)		1 x per competitor	The mid layer top is used between the baselayer and shell layer to provide additional insulation in cooler conditions. Long sleeve top of synthetic or wool fabric. Mid weight (greater than baselayer), moisture wicking/ quick drying. Top may be carried or worn. When tested on scales the weight of the top must be 175 grams or greater.
✓	**Baselayer Top**		1 x per competitor	Long sleeve, close fitting top of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Top may either be carried or worn.
✓	**Baselayer Legs** (Leggings/ Tights)		1 x per competitor	Long leg, close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Bottom may either be carried or worn.
✓	**Baselayer Head** (Beanie)		1 x per competitor	Beanie (or Buff) must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn over your hair/skin. Beanie may either be carried or worn.
✓	**Magnetic Compass**		2 x per team	Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race. Watch compasses do not meet these requirements.
✓	**Altimeter**		1 x per team	Altimeter do not have GPS device inside.
✓	**Sun Glasses**		1x per competitor	100 UV and IR protection
✓	**Course Information and Maps**		2 x per team	Course maps, course notes, passport and one control card, **provided by the organisers** and appropriate for the relevant section of the race. All maps and documents provided by the organisers are **waterproof**.

✓	**Survival Blanket** (Space Blanket)		1 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility. (note bags can deteriorate over time).
✓	**First Aid Kit**		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
✓	**Knife**		1 x per team	Minimum blade length 50mm and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while kayaking.
✓	**Strobe Light**		1 x per team	Must be flashing white light 360 degree visibility, waterproof to 1m or greater, rated for visibility beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. Can be used in an emergency situation (on both land and sea) to alert others to your location. Headlamps or cycle lamps that flash are not acceptable.
✓	**Sleeping Bag / Bivy Bag**		1 x per team	Full length sleeping bag or heat reflective breathable bivy sack. (not enclosed survival/space blanket) When tested on scales the weight of the bag must be 150 grams or greater. Primary purpose is warmth.
✓	**Emergency Shelter** (Tent or Bothy Bag)	 	1 x per team	TENT - Must have sewn in floor and minimum floor area of 2.5m² or 27ft². Tent design must include poles. All the required poles, pegs, ropes etc must be carried with the tent. Must be suitable for potential conditions of the race. or BOTHY BAG - Single Bothy bag rated for 4 people (not e.g. 2 x 2 person bags) made from waterproof & windproof material and containing air vents. When tested on scales the weight of only the bag must be 320 grams or greater. Bothy bag manufactured mandatory.
✓	**Cell Phone**		1 x per team	Cell phone with fully charged battery, turned off and sealed in opaque and waterproof bag/container for emergency use only. The cellular phone must work in France (Corsica). A ziplock-style bag and adhesive tape must be provided by the team.
✓	**GPS Tracker/ Emergency Communications**		1 x per team	**Specific device provided by race organizers**. Must be carried and used in accordance with direction of race organizers.
✓	**Digital Camera**		1 x per team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. Used to photograph in case of missing checkpoint.
✓	**Backpack**		1 x per competitor	40l recommended
✓	**Dry bag**		1 x per competitor	For backpack (bin bag allowed) or several for each item
✓	**Transition Gear Box/Bin**		2 x per team	110l (85cmx49cmx39cm, 4.7kg), maximum weight allowed 35kg **Provided by the organizers.** 85l (75cmx45cmx39cm, 2.9kg), maximum weight allowed 26kg **Provided by the organizers.**
✓	**Personal paper**		1 x per competitor	Waterproof copy of your health and repatriation insurance certificate. A copy of the Vital card for french team.
✓	**Waste bag**		1x per competitor	Bin bag for toilet paper and other

	ALL TIMES - MOUNTAIN BIKE DISCIPLINE – ARWC 2026 - CORSICA			
	Name	**Image**	**Quantity**	**Description**
✓	**Mountain Bike**		1 x per competitor	Mountain Bike appropriate for adventure racing. No road, cyclocross or E bikes. Mountain bike. Must have approximately straight handlebars. (Not drop bars) and at least ONE of these two features…. • Mechanical suspension (not just a flexible frame). • Tire size of 44mm (1.75inch) or greater
✓	**Bike box**		1 x per competitor	Bikes will be transported in boxes. Boxes must conform to the following specifications or have smaller dimensions. Dimensions 55” x 32” x 12” (140cm x 80cm x 30cm). Fluted plastic (corflute) or plasticized cardboard (must be approved by organization) - no wood or steel. Maximum weight allowed 32kg
✓	**Helmet**		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent)
✓	**Reflective vest**		1 x per competitor	Must be wear during the night and must be visible with backpack. Certification CE or equivalent.
✓	**Front Light**		1 x per competitor	Front facing white light. Must be mounted on the bicycle.
✓	**Rear Light**		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team.

Caution: Mountain bike traction system must be releasable all time and not use during downhill.

	ALL TIMES – PACKRAFT - KAYAK DISCIPLINE – ARWC 2026 - CORSICA			
	Name	**Image**	**Quantity**	**Description**
✓	**Personal Flotation Device (70N)** (PFD/ Lifejacket)		1 x per competitor (no share)	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while kayaking. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy. See the racer guide for details on the relationship between weight and buoyancy.
✓	**Whistle**		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	**Knife**		1 x per livejacket	Minimum blade length: 50 mm. The blade must be sharp enough to cut rope or webbing in an emergency. For safety, a folding blade is recommended. It must be easy to open with one hand, easily accessible while kayaking and attached to the lifejacket. A fixed-blade knife carried in a purpose-designed sheath is also accepted.
	Paddle		1 x per competitor	**The paddle must be demountable (minimum two pieces)** **The paddle are not compulsory**

✓	**Helmet**		1 x per competitor	**River helmet is mandatory for any white water rivers.** CE or UIAA certified river helmet.
✓	**Wetsuit**		1 x per competitor	Wetsuit long John + wetsuit top (1 mm mini) long sleeves or 1 wetsuit long sleeves. Swimrun wetsuit are allowed only with long sleeves and long legs. Neoprene separated arm sleeves and/or leg sleeves are allowed. Dry waterproof suit are allowed
✓	**Packraft**		Sufficient to transport all team members	Teams must bring pack rafts sufficient to transport all team members. You will be paddling in flat water , white water class I to III+ and sea. Good quality are highly recommended (one or two-person packrafts). Length for two person recommended 3.2m <> 3.5m. Single or double packrafts allowed
✓	**Leash**		1 x per boat	Minimum length: 2.5 m. A Velcro attachment at the ankle is required. Required for packrafting and sea use; not permitted in rivers.
✓	**Kayak**		2 x per team	**Supplied by race organizers** (unless notified otherwise). Type : Sit and top kayak
✓	**Throw Bag Rope**		1 x per boat	Rescue device with length of rope stuffed loosely into a bag so it can pay out through the top when thrown to a person. Minimum rope length 10m/30ft. Also useful for towing other kayaks in emergency.
✓	**Illumination** (Glow Stick/ Chemical light)		1 x per competitor 1 x per boat	One glow stick (100mm) attached to PFD in a highly visible position at all times (i.e. shoulder position). One glow stick attached to kayak (bring cable tie). Glow sticks must be glowing when dark. **Multiple sticks are required, bring spares. 18 sticks 12h + spare.**
✓	**Strobe Light**		1 x per boat	Must be flashing white light 360 degree visibility, waterproof to 1m or greater, rated for visibility beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. Can be used in an emergency situation (on both land and sea) to alert others to your location. Headlamps or cycle lamps that flash are not acceptable.
✓	**Repair Kit**		1 x team	Glue and 2 repair strips (patches) 50cm length and wide of 6cm
✓	**Paddle Bag**		2 x per team	Two ARWS, RIF or similar paddle bag per team. The paddle bag can be buy to the organization (look booking form). Marked with the team's number; Size : 130cm to 150cm length and 50cm dimeter Maximum weight allowed 18kg / bag

	ALL TIMES - ROPE DISCIPLINE – ARWC 2026 - CORSICA			
	Name	**Image**	**Quantity**	**Description**
✓	**Mountaineering Helmet**		1 x per competitor	CE or UIAA certified mountaineering or caving helmet.
✓	**Mountaineering Harness**		1 x per competitor	CE or UIAA certified mountaineering or caving harness.
✓	**Lanyard**		1 x per competitor	Double lanyard in dynamic rope (diameter 9 mm minimum) or manufactured tape lanyard (tape lanyard homemade not allowed)
✓	**Rappel Device**		1 x per competitor	Tube or Figure 8 belay/rappel device only
✓	**Auto locking Carabiner**		2 x per competitor	CE or UIAA certified
✓	**Screw locking Carabiner**		2 x per competitor	CE or UIAA certified
✓	**Prusik loop**		1 x per competitor	Prusik loop (rope 7mm minimum and 150cm length)
✓	**Full fingered gloves**		1 x per competitor	Leather or Kevlar full fingered gloves.
✓	**Handled ascender**		1 x per competitor	Tibloc or other not allowed)

PROHIBITED ITEMS/EQUIPMENT
All Times - All disciplines - ARWC 2026

1. GPS devices. Includes devices that show your position, display maps, distance travelled, etc. (excludes GPS trackers provided by the organisers).
2. No GPS devices of any type are allowed for navigational purposes. Smart phones with GPS capabilities may be carried in a supplied sealed bag
3. Distance measuring devices such as foot pod accelerometers and pedometers. (cycle computers exempt)
4. Radios, other communications, or internet access devices, etc. (excluding the compulsory emergency phone sealed prior to the race).5. Weapons / Firearms
6. Night/nocturnal vision devices

Exemptions
If a competitor wishes to carry such a device (e.g., for post-race performance analysis) as outlined in points 1 and 2, he or she must register it, including any separate display devices (e.g., watches) at HQ and have them sealed in a tamper-proof bag prior to the start. Officials will check the bag is intact at the finish line.

QUESTIONS CLARIFIED:
Q. Am I required to carry an additional baselayer top or bottom if I am wearing them during the race? NO.
Q. Does a cycle top and arm warmers (or cycle tights and leg warmers) meet the requirement for baselayer top and baselayer bottom? YES
Q. Can a team mate carry my backpack? YES however each competitor must always wear their race bib and carry a whistle.

ARWC 2026 – CORSICA
EMERGENCY FIRST AID KIT

DIARRHOEA	LOPERAMIDE 2p first and 1 after each diarrhoea. Max 8/day 12 tablets	Medication to provide symptomatic relief for diarrhoea to help reduce excessive fluid loses. Note antidiarreals do not eliminate the cause of diarrhoea. Further medical attention may be required.
DIARRHOEA	DIOSMECTITE (Smecta) 10 sachets	
ANTISPASMODIC	PHLOROGLUCINOL (Spasfon) 10 tablets	
ALLERGY	CETIRIZINE or HYDROXYZINE DICHLORHYDRATE 1 per day 2 to 4 per day. Risk of sleepness 7 tablets	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction. Further medical attention may be requirered.
FEVER OR PAIN	Paracetamol 1000mg,4 per day 12 tablets	Anti-fever, pain-killer and headache
STRAPPING TAPE	2 rolls (6cmx2.5m)	
PRESSURE BANDAGE	2 meters x 7.5cm	Total length of bandage is minimum 2 meters unstretch. Multiple bandages are permitted. Used to create localised pressure to site of injury.
WOUND DRESSING STERIL	10 Blisters	Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage.
SECOND SKIN	5 plates Hydocolloide bandage (COMFEEL, MEPILEX, BUODERM, ALGOPLAQUE, Avoid COMPEED)	Band aid advanced and healing blister.
OPHTALMIA	Sodium Chlorure 0.9% 5 pods	Eye wash
OPHTHALMIC ANTISEPYIC	BIOCIDAN 4 pods	
ANTISEPYIC	BIOSEPTINE 10 pods	
SURVIVAL BLANKET	1	
CISORS	1	
TWEEZERS	1	
TICK REMOVER	1	
SUN LOTION	250 ML	Protection against the sun (50+)
ANTI CHAFING CREAM	4 pods	

MANDATORY ITEMS FIRST AID KIT ADDITIONAL FOR TEAMS
ARWC 2026 – CORSICA

MANDATORY Items - Additional first aid items that are mandatory include (not in contravention of anti-doping rules) analgesics, anti-inflammatory, electrolyte replacement, disinfectant and antiseptic solutions/creams, blister treatment, CPR face

Symptoms	Therapeutic category	Posology *	Quantities/
Anti-fever, Pain killer, Headache	Paracetamol : 500 or 1000mg	3g/day in 3 or 6 times 3g/day in 3 times each 8 hours 2p x 4/day each 6 or 8 hours	20 tablets
Serious pain	Paracetamol/codein 500/30mg (autre dosage autorisé)	2p x 3/day each 8 hours Risk of spleepiness	32 tablets
Joins/muscular injuries	Ibuprofene 400 mg or 200mg x 2	3p/day each 8 hours	30 tablets
abdominal pain	Phloroglucinol ~~(orodispersible)~~ Buscopan* autorisé	2p x 4/day each 6 hours	10 tablets
diarrhoea	Loperamide Or Racecadotril	2p first and 1 after each diarrhoea Max 8:Days	20 tablets
Diarrhoea/abdominal pain	Diosmectite (smecta) Recommended, but not mandatory.	3 sachets/day	30 sachets
Nausea-vomoting	Metoclopropamide Or Metopimazine (orodispersible) Or Cyclizine *	1p x 3/day 2 to 4p/day	30 tablets
Allergy	Cetirizine Or Hydroxyzine (DCI) dichlorhydrate 25 mg	1p/day 2 to 4 p/day Risk of spleepiness	7 tablets
Ophtamia	Sodium chlorure 0,9‰ unidose And Antiseptic lotion : ex Céthexonium Or Brolène* collyre autorisé And Ocular compress	Wash eyes if conjonctival irritation : x 5 per day 1 drop X 3 or 4 / Day	15 pods 1 pods 1
Nose bleading	Hemaustatic gaze		3
Blisters	Band aid advanced healing blister Compeed plaster, Spenco 2nd skin	Different shape and size	2 boxes
Oily Tulle	BACTIGRAS, MEPIFORM		10 plates
Antiseptic liquid	Hexamidine or Dakin		10ml pod x 10
Compress	Steril compress		20 units
Compress (2)	Compress with povidone (If not allergic)		5ml x 10
Bandages	Nylex, elastoplaste, coheban		1 roll of each
	scissors		1
	tweezers		1
	Fungicide powder (ELONVAZOLE, PEVARYL)		1
Sun care	Total sunscream cream min 50		4
Foot cream	Cream NOK, Vaseline…		4
Survival blanket			
Skin irritation	Vaseline		1
Gastro intestinal reflux	H2 antihistaminic omeprazol		1
Antiseptique urinaire	Fosfomycine trometamol (mono dose)		1
Antiinflammatory cream	Voltarene gel…		1
Antiseptic cream	Hexomedine, betadine		1

*: Means that you may use this medication at your own risk, as it is not available in France..