

This sheet must be filled in completely, signed by both competitors and handed over to the registration booth.

Check the equipment and approve it	Runner 1	Runner 2	Team
1. One tent with groundsheet. It must be able to stand alone and to be closed at both ends. No bivouac bags!			<input type="checkbox"/>
2. Sleeping bag suitable for nights at an altitude of approx. 2000 metres above sea level. Rescue blankets and sheet sleeping bags are not accepted as sleeping bag, but may be used voluntarily.	<input type="checkbox"/>	<input type="checkbox"/>	
3. Orienteering shoes, running shoes or trekking shoes, shoes with at least 5 mm sole's grip. No tennis shoes.	<input type="checkbox"/>	<input type="checkbox"/>	
4. One torch or headlight per person Good enough to find the way for at least 3 hours. Replacement batteries are mandatory for each lamp model.	<input type="checkbox"/>	<input type="checkbox"/>	
5. Food Needs to last for the whole competition. At the finish of day two there must be food left for at least an additional 12 hours per person.	<input type="checkbox"/>	<input type="checkbox"/>	
6. Clothes protecting the whole body from cold, wind and wet. Spare clothes, jumper or fleece, hat, gloves.	<input type="checkbox"/>	<input type="checkbox"/>	
7. Stove plus fuel, pan and lighter or waterproof matches . There must be energy for at least two hours. At the finish of day two there must be enough energy to boil at least one litre of water.			<input type="checkbox"/>
8. First aid kit with at least elastic bandages, disinfectant, plaster and pain killers.			<input type="checkbox"/>
9. One compass. One mobile phone for emergencies. The use of GPS-systems and location services on smartphones are forbidden!			<input type="checkbox"/> <input type="checkbox"/>
10. One whistle per person	<input type="checkbox"/>	<input type="checkbox"/>	
11. One rucksack per person Water resistant pack or content protected by plastic bags.	<input type="checkbox"/>	<input type="checkbox"/>	

The equipment must be carried by you at all times and has to be complete at the finish of day two. The organizers make spot checks. Missing equipment will result in disqualification.

We herewith confirm that our equipment conforms to the above regulations. We confirm that we are sufficiently covered by an accident insurance. We agree with the fact that the organisers deny all liability.

	Place of residence	E-Mail address *)	Mobile phone number	Signature
Runner 1				
Runner 2				
Runner 3				
Runner 4				
Car number	Travelled by public transport <input type="checkbox"/> Yes			

*) Your personal data will only be used for news related to the SIMM - Swiss International Mountain Marathon and will not be disclosed to third parties.