



Compulsory Equipment for Participants

Nutrition:

Each athlete must provide his / her own lunch food from 26th January until 2nd February 2022 inclusive. He / she must select the type of food best suited to his / her personal needs, health, weather conditions, weight, and backpack conditions. We remind you that airlines strictly forbid the carrying of gas (for cooking) on board either as hand luggage or otherwise. Each participant must have a minimum of 1,000 k/calories per each single lunch. Any food out its original packaging must be equipped, legibly, of the nutrition label shown on the product concerned. Gas stoves are strictly forbidden.

Mandatory equipment:

- Backpack
- Sleeping bag (0°C/ 15°C)
- Running shoes or trekking shoes
- Socks
- Trekking pants or running pants
- Long sleeve t-shirts
- Fleece / synthetic jacket
- Shell jacket with hood
- Warm hat
- Ski goggles in case of sandstorm
- Head torch and a complete set of spare batteries
- Nr 2 red flashing light
- GPS with connecting pc cable
- Manual compass
- Metal or plastic mirror
- Whistle
- Knife / multi-tool
- Topical disinfectant,
- A metal signalling mirror,
- One aluminium survival sheet
- Eating utensils

Empty Quarter Challenge | 25 JAN – 03 FEB 2022



- Sunscreen
- Lip sunscreen
- Motion sickness medication
- Personal medication
- Blister kit
- Compression bandage
- Alcohol gel
- Toilet tissue / wet wipes
- Cash in Saudi Riyals (at least equivalent to €200)
- Passport or identity card (for KSA residents)
- Original medical certificate, filled in and signed by doctor