

# GOLD BORDER RACE

## GBR 85 km

### MANDATORY EQUIPMENT

- Two light sources such as headlamps. A mobile phone is **not** a light source
- Charged mobile phone capable of making outgoing calls in Bulgaria
- Drinking vessel with at least 150 ml capacity.
- At the start and when leaving the aid stations every runner must have at least 1l of water or sport drinks with her/him.
- Food with equivalence of 1000 kcal or more.
- Suitable jacket with a minimum water resistance of 5 000 mm
- Hat
- Survival blanket at minimum 130 x 200 cm
- Whistle
- Bear bell
- Elastic bandage
- Race bib, provided by the race organizers.
- Map and information about the route, provided by the race organizers.

### RECOMMENDED EQUIPMENT

- Compass
- Detailed map of the area
- GPS device with a map of the surroundings
- Anti-chaffing cream
- Sunscreen
- Some money in cash
- Gloves
- Poles

### Notes:

- Mobile networks in Bulgaria support GSM 900/1800 and UMTS 2100. Please note that due to the terrain mobile coverage is not guaranteed along the whole race course;
- Race bib should be placed at the front part of the body and should be visible at all times. It is permissible to cover the bib with a jacket when the weather conditions are bad, but in such cases it must be presented to the race staff upon request.