

List of equipment

Since desert running races, like the one planned for 4 December, are slightly less well known in Israel, the attached list of recommended and mandatory equipment is very important

Recommended equipment:

- Sunglasses
- Sunscreen
- Vaseline
- A hat
- Isotonic gels and beverages
- Mosquito repellent
- The map of the race (No. 8 trail marking)
- A strong spare headlamp and spare batteries
- Basic first aid: Band-aids of various sizes
- Using hiking poles is allowed but it is forbidden to leave the poles at the stations along the way.
- Using headphones is allowed but not recommended.

List of mandatory equipment for runners in the 76 km race and the marathon:

The mandatory equipment will be inspected before and during the race. A runner who does not have the necessary equipment will be disqualified!

- Water bottles or a water bag with a minimum capacity of 2 liters
- A mobile phone that must remain switched on throughout the race for receiving messages from the race team
- The list of emergency numbers that will be provided by us in the participant's kit
- An escape blanket
- A headlamp + an additional set of batteries for each flashlight (for the 75 km race)
- A whistle
- A reusable cup
- The My MDA app must be downloaded onto the runner's personal mobile phone.
- For ultra and marathon runners, from the start and until sunrise, it is mandatory to run with a headlamp and a flashing red flashlight on their back.