



SAHARA RACE (EGYPT) 2010 PRELIMINARY EQUIPMENT LIST



MANDATORY EQUIPMENT

RECOMMENDED MAKES AND MODELS ARE SHOWN BELOW EACH ITEM
(YOUR EQUIPMENT WILL BE REVIEWED AT CHECK-IN AT THE HOTEL TO ENSURE THAT YOU
HAVE ALL THE MANDATORY ITEMS)

*Note: The 'X' indicates items available at www.racingtheplanet.com
Visit us on-line: International Store (Hong Kong) or Europe Store*

*All store items can be found using the "Shop By Event" option: [Sahara Race \(Egypt\)](#)
Use our store's "Compare Products" feature to see which items suit you best*

MANDATORY EQUIPMENT				
	Item/Type	Comments	Qty.	Store
<u>GEAR</u>				
1)	<u>BACKPACK / RUCKSACK</u>	Capable of carrying at least all the Mandatory and Optional Equipment you choose. A 25-30L backpack is optimal. Note: There is no one backpack model that works for everyone.	1	
	RaidLight Runner R-Light – 30L	Ultra-light, multifunctional bag. 30 liters (backpack) + 1 bottle.		X
	RaidLight Evolution 2 – 20L	Ultra-light, multifunctional bag. 20 liters (backpack) + 4 liters (frontpack).		X
	OMM Classic Marathon 32L	The definitive lightweight pack for those who want to carry more equipment.		X
	OMM Classic Marathon 25L	The definitive lightweight pack for those who want to travel super light.		X
	Inov-8 Race Elite 25	An extreme lightweight pack ideal for Mountain Marathons and longer runs.		X
	Inov-8 Race Pro 30	An elite functional lightweight hydration compatible pack.		X
	Salomon Raid Revo 30	Ultra-light, yet comfortable.		X
	<input type="checkbox"/> <u>Pack Accessories</u>			
	RaidLight Equilibre Front-Pack 4L	Enhances gear accessibility and balance.		X
	OMM Trio Chest Pouch 4L	Enhances gear accessibility and balance.		X
	OMM Waist Pouch 3L	Use with a pack with shorter back; Adventure Light or Classic 25.		X
	GoMotion Sport Runner LiteBelt	A contoured, waist-level LED running belt.		X
2)	<u>SLEEPING BAG</u>	Minimum requirement combination of sleeping bag plus bag liner is 5°C/41°F *See the optional equipment list for details on Bag Liners	1	
	Mountain Hardwear Phantom 32 (short, regular or long available)	Light, warm, & compact. Offers versatility. Temperature rated down to 0°C / 32°F.		X
	Mountain Hardwear Phantom 45	Offers ultra-lightweight durability		X



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	(short, regular or long available)	Temperature rated down to 7°C/45°F.		
	Marmot Hydrogen (regular or long)	Lightweight and great for cool weather. Temperature rated down to -1°C/30°F.		X
	Marmot Atom (regular or long)	Ultra-lightweight, high quality design. Temperature rated down to 5°C/40°F.		X
	RaidLight Sleeping Bag	Ultra-light bag that transforms into a jacket. Temperature rated down to 5°C/40°F.		X
3)	<u>HEADLAMP + BACK-UP</u>	Competitors are required to carry both a headlamp and a backup light source during the event. The back-up light must be of equal strength to the primary headlamp (it can be another headlamp if you choose).	2	
	Black Diamond Spot LED	A great primary light source.		X
	Black Diamond Cosmo LED	A quality back-up light source.		X
	Princeton Tec EOS Headlamp	A great primary light source.		X
	Princeton Tec Scout Headlamp	A quality back-up light source.		X
	Petzl Tikka 2 Plus	A great primary light source.		X
	Petzl Tikka 2	A great primary light source.		X
	Petzl e+LITE Headlamp	A quality back-up light source.		X
4)	<u>COMPASS</u>	Any model will be adequate; however Silva makes some of the best compasses. Note: <u>There is no navigation in the event</u>; this is to be carried as part of your survival gear.	1	
	Silva Thermometer Compass	Compass and thermometer combination.		X
	Silva Watch Compass	Fits nicely on a watch strap.		X
	Silva Field 11	Small and light. Inbuilt whistle.		X
	Silva 1 Explorer	Luminous points for night navigation.		X
5)	<u>SAFETY PINS</u>	Heavy duty large safety pins are best.	20	X
6)	<u>KNIFE or MULTI-TOOL</u>	A small knife or multi-tool has multiple uses during the event.	1	
	4 Deserts SwissCard	All the essential multi-tool items (knife, scissors, etc.) in a compact card form.		X
	Victorinox Classic SD	Compact & convenient keychain size knife.		X
	Gerber Shortcut Mini-Tool	A serious tool in a small package.		X
	Gerber Clutch Mini-Tool	A serious tool in a small package.		X
	Gerber Double-Take	Classic two blade pocket knife.		X
	Gerber Remix Serrated Edge	A knife for general outdoor enthusiasts.		X
7)	<u>WHISTLE</u>	In case of an emergency.	1	
	Jetscream Whistle	Flat enough to fit in your pocket.		X



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	Lifesystems Survival Whistle	Made from a toughened plastic material.		X
8)	<u>SURVIVAL BIVVY / BLANKET</u>	Must be made of reflective material. Bivvys are recommended over blankets because blankets trap less body heat.	1	
	Adventure Medical Kits Headsheet	105 grams / 3.7 ounces emergency bivvy.		X
	Adventure Medical Kits ThermoLite	195 grams / 6.9 ounces bivvy sack.		X
	Space brand emergency bag	Protection in a lightweight compact bag.		X
	Space brand emergency blanket	Protects against elements of nature.		X
	Rab Storm Bivi	Lightweight, waterproof and breathable bivi		X
9)	<u>SUNSCREEN</u> - 1 FL OZ (29.5mL) minimum	Choose a high SPF brand which is waterproof, sweat proof and non-greasy.	1	
	Dermatone Sunblock Lotion with Z-Cote - SPF 36	Waterproof & moisturizing. Z-cote adds essential protection against UVA rays.		X
	Dermatone No-Touch Sunblock Lotion - SPF 30	Fragrance free, waterproof, and sweat proof.		X
	SmartShield SPF 30 Sunscreen Lotion with Avobenzone	This light, oil-free formula is waterproof and sweat proof.		X
	SmartShield SPF 30 Gel with Avobenzone	Great for people with oily skin. Waterproof gel contains moisturizing and healing Aloe.		X
	Dermatone Sun & Bug Combo, SPF 25 with Insect Repellent	Insect repellent for 3 hours, UVA & UVB protection; water proof and sweat proof.		X
10)	<u>LIP SUNSCREEN</u>		1	
	Dermatone Medicated Lip Balm	Protects and conditions lips.		X
	Dermatone Spot Protection Stick	Protects lips against sun, wind, and cold.		X
	Dematone Lip 'n Face Protection Crème with Z-Cote, SPF 30	Great for skin that is super sensitive to the sun. (Highly recommended by all dermatologists to prevent skin cancer).		X
11)	<u>BLISTER KIT</u>	Kit should contain: 2 x roll of papertape, 1 x roll of Elastikon tape, 5 benzoin swabs, 10 pieces of Spenco 2nd Skin, 20 alcohol wipes, 2 Hypodermic Needles and 2 safety pins. * Hydropel is also highly recommended. * Foot powder is good for races with a lot of water or for feet that sweat a lot.	1	
	RacingThePlanet® Blister Kit	Basic Kit or Kit with Hydropel.		X
	Blist-o-Ban	Highly recommended. Prevent blisters from forming, because the easiest way to treat blisters is to not get them in the first place.		X
	Spenco 2nd Skin Jar 48 - 3" Circles (non-sterile)			X
	Spenco 2nd Skin Jar 200 - 1" Squares (non-sterile)			X



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	Spenco 2nd Skin Adhesive Knit			X
12)	<u>MEDICATION</u>	Anti-inflammatory medication and mild pain relief for head and foot aches such as ibuprofen and aspirin.	12	
13)	<u>ALCOHOL GEL</u> - 2 FL OZ (59mL) <i>minimum</i>	Alcohol wipes CANNOT replace alcohol gel, but you may choose to carry both.	1	
	Purell Hand Sanitizer	Kills 99.9% of most common germs.		X
	Sea-To-Summit Wilderness Wash	Bio-degradable, and fragrance free.		X
14)	<u>RED FLASHING LIGHT</u>	This is to be worn on the rear of your backpack and to be switched on when you are competing in the dark.	1	
	Flashing LED Safety Light	Flashing LED Safety Light		X
CLOTHING				
15)	<u>LIGHTWEIGHT JACKET</u> Men's Jackets Women's Jackets	Many brands will be appropriate, but make sure that the jacket will keep you warm at night when it can get cold. Another option is using base-layering clothing.	1	
	Mountain Hardwear	Power Stretch Zip T, MicroChill Jacket, Le Hoody Royale, Compressor PL Jacket, Nitrous Jacket, etc.		X
	Patagonia	Capilene Zip-ups (1 to 4), Guide Jacket, Alpine Wind Jacket, Down Sweater, Micro Puff Jacket, Houdini Full Zip, etc.		X
	Marmot	Ion Windshirt, DriClime Windshirt, Approach Jacket, Boulder Hoody Jacket, Zeus Jacket, Leadville Jacket, Prelip, etc.		X
	Montane	Featherlite Marathon Jacket.		X
	Icebreaker	Body Fit Tech Top, Rapid Zip Thru, etc.		X
16)	<u>SHORTS OR TIGHTS</u> Men's Tights Women's Tights	At least one pair of long tights or pants are mandatory, as it can get very cold. Lighter colors reduce heat absorption.	1	
	CW-X Tights and Shorts (Stabilyx, Pro, Expert, Ventilator)	Compression gear which provides support to key muscle groups and joints.		X
	SKINS Tights and Shorts (Sport, She, or ICE Series)	Body-moulded compression gear aimed at providing support and muscle alignment.		X
	Orca Tights and Shorts	Performance compression tights.		X
	2XU Tights and Shorts	Performance compression tights.		X
	Montane Sonic Shorts	Lightweight multi-activity shorts.		X
	Mountain Hardwear	Power Stretch Tights (men), Solano Shorts (women), Canyon Shorts (men).		X



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17)	<u>T-SHIRTS, LONG OR SHORT SLEEVES</u> Men's Technical Shirts Women's Technical Shirts	For sun and sweat protection. Should be made of a quick dry material. Wear long-sleeves if you are sensitive to the sun.	2	
	Capilene®	Patagonia's signature base-layer fabric.		X
	CoolMax®	Performance shirts by INVISTA.		
	DriClime® & UpCycle®	Marmot performance shirts.		X
	Koolknit™	Mountain Hardware's moisture wicking shirts that keep you dry and cool.		X
	Icebreaker Bodyfit	Offers light and breathable protection.		X
	Skins Sport and She Tops	Compression shirts which improve circulation and muscle support.		X
18)	<u>SHOES</u> Men's Footwear Women's Footwear	Competitors wear trail or running shoes: * Asics is the most popular running shoes model and Montrail is the most popular trail shoe model. * Remember to buy your shoes 1 to 2 sizes larger than you would normally wear to account for swelling and tape for blisters. This is of utmost importance.	1	
	Montrail (trail)	Durable, lightweight trail running shoes		X
	Salomon (trail)	Versatile, lightweight trail running shoes		X
	INOV-8 (trail)	Lightweight and with great grip		X
	Asics			
	Brooks			
	New Balance			
19)	<u>HEADGEAR</u> or <u>CAPS</u>	It is recommended to use a light color running cap or legionnaire desert hat.	1	
	Sea-To-Summit - The Mullet Cap	With a multi-position removable neck flap.		X
	Mountain Hardwear Ravi Flap Cap	Stretch nylon, built-in neck gaiter.		X
	Inov-8 Hot Peak 60	Breathable stretch mesh, fast wicking.		X
	RacingThePlanet Cap	A baseball style cap.		X
	4 Deserts Cap	A baseball style cap.		X
20)	<u>SUNGLASSES</u>	Any pair of UV protection sunglasses.	1	
	Numa Sport Optic Sunglasses			X
	Smith Optics			X
21)	<u>NATIONALITY PATCHES</u>	You must wear nationality patches on both sleeves of all tops, including jackets, throughout the event. These are	8	X



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		in addition to the 4 Deserts patches which will be provided by us.		
22)	<u>4 DESERTS PATCHES</u>	RacingThePlanet will send you these approximately 6 weeks before the event.	8	X
<u>FOOD / COOKING</u>				
23)	<u>7 DAY FOOD SUPPLY</u> - Pre-event: one meal - During event: food totalling a minimum of 14,000 calories	You are responsible for your own food for the entire event. You need a freeze dried meal for the night before the race, as well as a minimum of 2000 calories/day during the race (7 days).	8	
	<input type="checkbox"/> <u>Freeze Dried Meals</u>	We recommend using freeze dried meals as your main food source. Hot water will be available at all campsites.		
	Mountain House	Numerous dinner and breakfast meals.		X
	Backpacker Pantry	Numerous dinner and breakfast meals.		X
	Expedition Foods	High calorie per weight meals (800 a meal).		X
	Alpine Aire	More spices than the standard meals.		
	<input type="checkbox"/> <u>Energy Bars / Gels</u>	Various brands to choose from. To avoid an upset stomach, be sure to test your bars and gels during training.		
	Clif Bar	Whole, all-natural, organic ingredients.		X
	PowerBar	C2MAX carb mix contains a special ratio.		X
	PowerGel	Delivers a fast energy boost.		X
	Hammer Bars	Easy to digest, gluten-free.		X
	Hammer Gels	Perfect for a quick energy boost.		X
	Jelly Belly Sport Beans	Contains carbs, electrolytes, and vitamins.		X
	GU			
	<input type="checkbox"/> <u>Nutrition Supplements</u>	These nutrition products were recommended by those who have completed the 4 Deserts series.		
	PowerBar Recovery	Take after the stage for muscle recovery		X
	PowerBar Energize	Take during the stage for energy		X
	Perpeteum	Take during the stage to fuel your body		X
	Recoverite	Take after the stage to aid muscle recover		X
	Sustained Energy by Hammer	Endurance fuel; reduces muscle fatigue		X
	HEED by Hammer	Sports drink; prevents cramps		X
	Race Caps Supreme	Enhances energy and endurance		X
	Whey	Protein supplement; helps repair muscles		X
	Premium Insurance Caps	Daily supplement, overall health support		X
	<input type="checkbox"/> <u>Other drink mixes</u>	Bring your favourite drink mixes for		



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	Item/Type	Comments	Qty.	Store
		mornings and nights around camp.		
	Coffee or Tea			
	Hot Chocolate			
□	<u>Snacks</u>	An important part of your food supply; we recommended bringing a good variety of your favourite snacks.		
	Quaker Instant Oatmeal	Individual packets offer a quick and nutritious breakfast or afternoon snack.		X
	Cup Noodles	Quick, easy, and light.		X
	Beef Jerky	An essential snack; provides much needed protein. Slim Jims are a quality brand.		X
	Strawberries Organic Fruit Snack	Made from fresh, quality fruit.		X
	Made in Nature Dried Fruit	Made in Nature selects the freshest		X
	Potato Chips	High in calories and taste; recommended to crush them up and carry in a zip-lock bag.		
	Parmesan Cheese	High in calories and easy to pack.		
24)	<u>ELECTROLYTES</u> - Enough for seven days - It is strongly recommended to bring tablets in addition to electrolyte drink powders.	Use fluid replacement electrolytes with water to maintain proper hydration throughout the day. A constant supply will help the body's systems to operate properly when under stress.	7	
	Endurolytes by Hammer Nutrition	Provides superior cramp prevention.		X
	Nuun (no sugar)	Light flavour drink enhancement.		X
	Saltstick Caps	Minimises cramping and fatigue		X
25)	<u>HYDRATION SYSTEM</u> - You must be able to carry 2 liters of water at one time.	Choose between a hydration bladder and/or water bottles. Bottles allow for more flexibility, as bladders can be hard to refill at checkpoints. Many prefer the SmarTube or similar models.	1	
	RaidLight Bretelle Bottle-Holder	Attaches to shoulder of backpack.		X
	Lifeventure Water Bottle Pouch	Insulated pouch holds 0.5-1.0L bottle.		X
	SmarTube (for 1.5L bottle)	Convenient water bottle adapter.		X
	- SmarTube Cap for 63mm bottle	For wide-mouth bottles.		X
	Hydropak	2L and 3L bladders; backpack compatible.		X



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<u>GEAR</u>				
26)	<u>SLEEPING PAD</u>	Select a small size to save weight or regular size for added comfort and warmth. A self-inflating half size pad that provides padding in all the essential areas is also lighter; however, it is very difficult to eliminate the air each morning for packing. Tents provided do not have any ground padding.	1	
	POE Uber Light	Ultra-light, self-inflating pad.		X
	POE Uber Mountain	Light, and takes up little pack space.		X
	POE Uber High Mountain	Light, durable and comfortable.		X
	POE SL Lite	Outstanding lightweight pad.		X
	POE SL Basic	Classic all season pad.		X
	Thermarest Pro-Lite 3			
	<input type="checkbox"/> <u>Additional Comfort</u>			
	Sea-To-Summit Travel Pillow	Durable, compact and light.		X
	POE Base Extended Comfort Chair	Multi-function capabilities.		X
27)	<u>BAG LINER</u>	Bag liners are a great way to add additional warmth to lightweight sleeping bags. Most bag liners add approximately 6°C/10°F	1	
	Sea-to-Summit CoolMax Liner	A climate control travel liner.		X
	Sea-to-Summit Premium Silk Liner (Standard, Pillow Insert, Mummy Hood versions available)	Premium silk traveling sheet. Adds up to 10 degrees of warmth.		X
	Lifeventure EX3 Silk Mummy Liner	Compact, light and comfortable to use.		X
28)	<u>TREKKING POLES</u>	Useful if you intend to walk the majority of the course.	1	
	RaidLight Foldable Trail Poles	Ultra-light, foldable and easy to use.		X
	Black Diamond Alpine CF	Sturdy and ultra-compact.		X



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	Item/Type	Comments / Website	Qty.	Store
	Black Diamond Trail	Versatile and comfortable to use.		X
	Komperdell C2 Carbon	Adjustable with an extra-firm grip.		X
29)	<u>INSECT REPELLENT</u>	Many brands will work.	1	
	EG Mosquito Repellent Bracelet	Waterproof, convenient, and stylish.		X
	Dermatone Herbal Insect Repellent with Bite Blocker	Protects against mosquitoes and flies.		X
	SmartShield	Insect repellent in spray or towelette form, with SPF 30 protection.		X
	Dermatone Sun & Bug Combo, SPF 25 with Insect Repellent	Insect repellent for 3 hours, UVA & UVB protection; water proof and sweat proof.		X
30)	<u>ZIP-LOCK BAGS, WATER / SAND PROOF BAGS, COMPRESSION BAGS</u>	Pack all your food and other items in zip-lock bags. For more expensive items (camera / passport), you may consider waterproof/sand-proof bags.	20	
	Sea-to-Summit Ultra-Sil Dry Sacks	Light and tough waterproof bags.		X
	Sea-to-Summit Sn240 Compression XS - 5.5" x 14" / Small - 7" x 16" / Medium - 8" x 18" / Large - 9" x 20"	XS – good for clothing. Small, Medium, Large: fit most bags <u>(including all those we recommended).</u>		X
	ALOKSAK Waterproof Bags	Ideal for film or other sensitive items.		X
31)	<u>TOWEL</u>	For cleaning off at camp.	1	
	Sea-To-Summit Dry Lite Towel	Quick-drying & lightweight.		X
	Sea-To-Summit Pocket Towel	Quick-drying, lightweight & compact.		X
32)	<u>TOOTHBRUSH / TOOTHPASTE</u>	Any brand will do. Smallest size recommended – travel toothbrush.	1	
	Toob Brush	Compact. Refillable toothpaste tube.		X
	Toob Replacement Heads	Made with soft end rounded bristles.		X
	Colgate WISP	A mini brush and soft toothpick.		X
33)	<u>WRISTWATCH / INSTRUMENT</u>	Any brand will do. An electronic compass, alarms and timer can be useful. Speed and distance monitor (pedometer), barometer and heart rate monitor provide interesting feedback.	1	
	Suunto	Excellent multi-functional sport watches.		X
	Luminox (excellent for use at night)			
	Timex			
	Polar			
34)	<u>GPS</u>	Choose a model that uses changeable batteries, <i>not</i> rechargeable batteries. Competitors will not have access to	1	



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		recharge their batteries. The course is marked every 25 meters. GPS coordinates are not provided. A GPS is most useful for tracking distance.		
	Garmin	www.garmin.com		
35)	<u>iPOD</u>	iPods work well, but you should keep the music player in a waterproof / sand proof bag. In addition, you will need a solar panel or other device to keep it charged. Competitors will not have access to recharge their iPods.	1	
36)	<u>SOLAR PANEL</u>	A solar panel to charge your iPod, camera or other devices.	1	
	Classic Solio Hybrid Charger	Lightweight and versatile.		X
	Solio Hybrid 1000	Powerful and efficient.		X
37)	<u>CAMERA</u>	Any small digital camera will do. If your camera is not waterproof then place it in double zip lock bags.	1	
38)	<u>BOOK or MAGAZINE</u>	Tear out pages you plan to read.	1	
39)	<u>PLAYING CARDS</u>	Great for passing time at camp.	1	
40)	<u>TRAINING BOOKS & MAPS</u>	Materials to prepare for the event.		
	"Fixing Your Feet" (4th ed.) by John Vonhof	Learn to proactively prevent foot problems using various techniques.		X
	"The Power of Team" by Peter Wortham	Learn what it takes to complete an endurance race.		X
	Maps of course locations	Vietnam, India, China, Silk Road, etc		X
	Aloksak Clear Map Case	Clear map case, certified waterproof in excess of 60 meters (~200 feet).		X
41)	<u>FLAGS</u>	Handmade, high quality flags. One for each 4 Deserts event.		X
<u>CLOTHING</u>				
42)	<u>SCARF / HEADGEAR</u>	A Buff® is ideal as it has multiple uses such as a scarf, headgear, sweatband, etc. Highly recommended.	2	
	4 Deserts Buff®			X
	RacingThePlanet Buff®			X
	Sahara Race Buff®			X
43)	<u>SOCKS</u>	A fresh pair everyday is helpful: six or seven pairs are recommended. Many	7	



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		competitors wear SmartWool or Teko socks over Injinji socks.		
	Skins Sport Powersox	Compression socks increase circulation to the calves - increases performance and facilitates faster recovery.		X
	CW-X Compression Socks			X
	2XU Recovery Sock / Calf Guard			X
	Injinji Crew Toe	Toe-fit socks, superb performance.		X
	Injinji Mini-Crew Toe	Toe-fit socks, superb performance.		X
	SmartWool Adrenalin Mini Crew	Durable, sweat wicking socks.		X
	SmartWool Adrenaline Light Crew	Durable, sweat wicking socks.		X
	Teko Socks	Lightweight, quick-drying comfort. Highly recommended by numerous 4 Deserts competitors.		X
44)	<u>GAITERS</u>	This is a personal choice - some wear gaiters, others do not. Ankle gaiters keep debris out of your shoes.	1	
	RacingThePlanet Gaiters	Designed by competitors in the 4 Deserts.		X
	RaidLight Stop-Run Gaiters	Efficient all season protection and adaptable to all running shoes.		X
	Sea-To-Summit Spinifex Ankle Gaiters Nylon	Double layer nylon handles harsh scrub and bush.		X
45)	<u>FLIP FLOPS or SLIPPERS</u> Men's Footwear Women's Footwear	For walking around camp – choose the lightest model you can find. Slip-on sandals work best. Hotel slippers also work, but supply little support at the sometimes rocky campsites.	1	
	Keen	Durable, high quality sport sandals.		X
	Sole			
46)	<u>SPORTS BRA</u>	Women-only.	3	
	CW-X Firm Support Bra	Supplies support and comfort.		X
	CW-X Xtra Support Bra	Supplies an extra level of support.		X
	Patagonia Active Sport 24-7 Bra	Seamless, lightweight active sports bra.		X
	Patagonia Active Sport High Impact Bra	Lightweight, highly breathable bra.		X
FOOD / COOKING				
47)	<u>EATING TIN or CUP</u>	Useful for cooking at the camp fire. Titanium products are the lightest but very expensive. Many cut the top off of the plastic bottles provided and use as a cup.	1	
	Guyodesigns Squishy Bowl & Cup	Flexible, versatile, and durable.		X



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	Item/Type	Comments / Website	Qty.	Store
	GSI Ultralite Nesting Bowl+Mug	Ultra-light and efficient.		X
	Snow Peak Titanium Cups	Durable and ultra-light.		
	Sea-To-Summit X-Mug	Collapses flat for compact packing.		X
	Sea-To-Summit X-Bowl	Collapses flat for compact packing.		X
48)	<u>EATING UTENSILS</u>	Bring more than one fork/spoon in case you lose one. Titanium products are the lightest option but expensive.	1	
	Sea-To-Summit AlphaLight Spork	Durable and ultra lightweight.		X
	Light My Fire Spork	Polycarbonate and titanium versions.		X
	My-Ti Spork	Lightweight and strong.		X
	My-Ti Folding Spork	Offers strength and convenience.		X
	Flipsticks, Folding Chopsticks	Convenient and durable.		X
	Snow Peak Titanium Spork Short	Durable, lightweight, and compact.		
	Snow Peak Titanium Spork	Durable and lightweight.		
49)	<u>TISSUE and/or WET WIPES</u>	Any brand will work (at least 1 pack per day). A must for toilet use. No tissues will be provided by Event Staff.	7	
	Kleenex Wet Tissues with Tea Tree Essence pH5.5	Mild and gentle, with tea tree essence, effectively cleanse and sanitize your skin.		X
	Wet Ones Moist Towelette with Vitamin E & Aloe	Clean-up anytime. Thick and soft.		X
	Kleenex Tissues Pockets Pack	Soft, gentle Kleenex® tissues.		X
	4 Deserts Tablet Towels	Durable and full-sized 10" x 10". Nine towels per pack. Compacted in a convenient tablet size; add water to use.		X