



# GOBI MARCH (CHINA) 2011 PRELIMINARY EQUIPMENT LIST



## MANDATORY EQUIPMENT

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

*Note: The 'X' indicates items available at [www.racingtheplanet.com](http://www.racingtheplanet.com).  
Visit us online: International Store (Hong Kong) or Europe Store*

*All store items can be found using the "Shop By Activity" option: [Gobi March \(China\)](#)  
Use our store's "Compare Products" feature to see which items suit you best.*

MANDATORY EQUIPMENT				
	Item/Type	Comments	Qty.	Store
<b><u>GEAR</u></b>				
1)	<b><u>BACKPACK / RUCKSACK</u></b>	<b>Capable of carrying all of the Mandatory and Optional Equipment you choose. A 25-30L backpack is optimal. Note: There is no one backpack model that works for everyone.</b>	1	
	RaidLight Runner R-Light – 30L	Ultra-light, multifunctional bag. 30 litres (backpack) + 1 bottle.		X
	RaidLight Evolution 2 – 20L	Ultra-light, multifunctional bag. 20 litres (backpack) + 4 litres (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
	Aarn Marathon Magic Bodypack 33L	A pack designed with body movement and stability in mind. Hugs the body even when full of gear.		X
	<b><u>Pack Accessories</u></b>			
	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)	<b><u>SLEEPING BAG</u></b>	<b>The minimum requirement combination of sleeping bag plus bag liner is 5°C/41°F. Note: See the optional equipment list for details on <a href="#">Bag Liners</a> which can add up to 6°C to the rating of your sleeping bag.</b>	1	
	Mountain Hardwear Phantom 45	Offers ultra-lightweight durability. Temperature rated down to 7°C/45°F.		X



MANDATORY EQUIPMENT				
	Item/Type	Comments	Qty.	Store
	Mountain Hardwear Phantom 32 (women's specific available)	Light, warm, & compact. Offers versatility. Temperature rated down to 0°C/32°F.		X
	Big Agnes Pitchpine with Air Core Mummy Pad	Light-weight, high-thread count and mummy-shaped bag down to 10°C/40°F. Integrated pad sleeve.		X
	Marmot Atom	Light-weight with high-quality down. Temperature rated down to 5°C/40°F.		X
	Marmot Hydrogen	Light-weight with high-quality down. Temperature rated down to -1°C/30°F.		
	Western Mountaineering Summerlite	Light-weight, fully-baffled bag with a full zipper and insulation. Temperature rated down to 0°C/32°F.		X
	Western Mountaineering Highlight	Light-weight and low bulk. Temperature rated down to 2°C/35°F.		X
	RaidLight Sleeping Bag	Ultra-light bag that transforms into a jacket. Temperature rated down to 5°C/40°F.		X
3)	<a href="#">HEADLAMP &amp; BACK-UP LIGHT</a>	<b>Competitors are required to carry both a headlamp and a back-up light source during the event. The back-up light must be of equal strength to the primary headlamp - it can be either another headlamp or a handheld torch.</b>	2	
	Black Diamond Spot LED	A great primary light source. Shines for 34-70 meters.		X
	Black Diamond Cosmo LED	A primary light source that shines up to 28 meters.		X
	Princeton Tec EOS Headlamp	A great primary light source with 50 lumens and light distance of 50 meters.		X
	Princeton Tec Scout Headlamp	A quality back-up light source with 10 lumens and light distance of 8-15 meters.		X
	Petzl Tikka 2 Plus	A great primary light source. Shines for 13-35 meters.		X
	Petzl Tikka 2	A great primary light source. Shines for 13-29 meters.		X
	Petzl e+LITE Headlamp	A quality back-up light source. Shines for 11-19 meters but has a low number of lumens.		X
4)	<a href="#">COMPASS</a>	<b>Any model will be adequate. Note: <u>There is no navigation in the event</u>; this is to be carried as part of your emergency gear.</b>	1	
	Silva 40 Watch Compass	Fits nicely on a watch strap.		X
	Silva Thermometer Compass	A handy compass with integrated thermometer.		
	Silva 1 Explorer Compass 1S360	Luminous points for night navigation.		X
	Silva Compass Carabiner 9	A handy compass with integrated carabiner.		X
5)	<a href="#">SAFETY PINS</a>	<b>Used for attaching your bib number and event patch to your clothing and backpack, as well as during the event for other uses. Heavy duty, large safety pins are best.</b>	20	X
6)	<a href="#">KNIFE / MULTI-TOOL</a>	<b>A small knife or multi-tool has multiple uses during the event.</b>	1	
	4 Deserts SwissCard	All the essential multi-tool items (knife, scissors, etc.) in a		X



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	Item/Type	Comments	Qty.	Store
		compact card form.		
	Victorinox Classic SD	Compact & convenient keychain size knife.		X
	Gerber Shortcut Mini-Tool	A good tool in a small package.		X
	Gerber Clutch Mini-Tool	Another good tool in a small package.		X
7)	<b><u>WHISTLE</u></b>	<b>To attract attention in case of an emergency. Note that many backpacks include a whistle on the buckle – it is recommended to bring a stronger whistle in addition to this.</b>	1	
	Jetscream Safety Whistle	Flat enough to fit in your pocket.		X
	Coghlan's Four Function Whistle	Four features in one compact package.		X
8)	<b><u>SMALL MIRROR</u></b>	<b>To be used as an emergency item to produce a signal with the sun.</b>		
9)	<b><u>SURVIVAL BIVVY / BLANKET</u></b>	<b>Must be made of reflective material. Bivvys or bags are recommended over blankets because blankets trap less body heat.</b>	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
10)	<b><u>SUNSCREEN</u></b> <i>1 fl oz / 29.5 ml minimum</i>	<b>Choose a high SPF brand which is waterproof, sweat proof and non-greasy. It is recommended to bring the required amount in two separate containers in case one is lost or difficult to find.</b>	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
	Dermatone Sun & Bug Combo, SPF 25 with Insect Repellent	Insect repellent for 3 hours, UVA & UVB protection; water proof and sweat proof.		X
	Bushman Plus Dry Gel	Sunscreen plus lasting protection from bloodseeking insects.		
11)	<b><u>LIP SUNSCREEN</u></b>		1	
	Dermatone Medicated Lip Balm	Protects and conditions lips.		X
	Dermatone Spot Protection Stick	Protects lips against sun, wind and cold.		X
	Dermatone Lip 'n Face Protection Crème with Z-Cote, SPF 30	Great for skin that is super sensitive to the sun. (Highly recommended by dermatologists to prevent skin cancer.)		X



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12)	<a href="#">BLISTER KIT</a>	<p>The following is a minimum requirement, but you may need more supplies based on your experiences and prior history of foot blisters. You should try to anticipate the amount of supplies you might need. Note that if you do not bring enough supplies, you could be at risk of developing more severe blisters that could jeopardise your ability to finish the race.</p> <ul style="list-style-type: none"> <li>• 10 alcohol wipes</li> <li>• 2 hypodermic needles or safety pins</li> <li>• 1 roll of paper tape (i.e. micropore)</li> <li>• 1 roll of elastic tape (i.e. Elastikon)</li> <li>• 5 second skin or Compede pads</li> </ul> <p>* Hydropel is also highly recommended. * Foot powder is recommended for feet that sweat a lot.</p>	1	
	RacingThePlanet® Blister Kit (highly recommended)	Basic Kit or Kit with Hydropel. Includes an instruction sheet.		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
	Spenco 2nd Skin Adhesive Knit			X
13)	<a href="#">MEDICATION</a>	<b>Anti-inflammatory medication and mild pain relief for head and foot aches such as ibuprofen and aspirin.</b>	12	
14)	<a href="#">ALCOHOL GEL</a> <i>2 fl oz / 59ml minimum</i>	<b>Alcohol wipes CANNOT replace alcohol gel, but you may choose to carry both.</b>	1	
	Purell Hand Sanitizer	Kills 99.9% of most common germs.		X
	Sea-To-Summit Wilderness Wash	Bio-degradable and fragrance free.		X
15)	<a href="#">RED FLASHING LIGHT</a>	<b>This is to be worn on the rear of your backpack and to be switched on when you are on the course in the dark.</b>	1	
	Flashing LED Safety Light	Flashing LED Safety Light		X
CLOTHING				
16)	<a href="#">LIGHTWEIGHT JACKET</a> <a href="#">Men's Jackets</a> <a href="#">Women's Jackets</a>	<b>Many brands are appropriate, but make sure that the jacket will keep you warm at night when it can get cold. Another option is to use base-layer clothing.</b>	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, Nano Puff Pullover, Micro Puff Jacket, etc.		X



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	Marmot	Ion Windshirt, DriClime Jacket, Approach Jacket, Venus Jacket, Zeus Jacket, Leadville Jacket, Precip Jacket, etc.		X
	Montane	Featherlite Marathon Jacket.		X
	Icebreaker	Body Fit Tech Top, Rapid Zip Thru, etc.		X
17)	<b>SHORTS / TIGHTS</b> <a href="#">Men's Tights</a> <a href="#">Women's Tights</a>	<b>One pair of shorts / tights / pants is required. It is recommended to bring at least one pair of long tights or pants as it can get very cold. Lighter colours reduce heat absorption.</b>	1	
	CW-X Tights and Shorts (Stability, Pro, Expert, Ventilator)	Compression gear that 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 Hardware	Power Stretch Tights (men), Solano Shorts (women), Canyon Shorts (men).		X
18)	<b>T-SHIRTS, LONG / SHORT SLEEVES</b> <a href="#">Men's Technical Shirts</a> <a href="#">Women's Technical Shirts</a>	<b>For sun and sweat protection. Should be made of a quick dry material. Wear long-sleeves if you are sensitive to the sun.</b>	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
	Orca Merino	Performance merino wool clothing; amazing fabric.		
19)	<b>SHOES</b> <a href="#">Men's Footwear</a> <a href="#">Women's Footwear</a>	<b>Competitors wear trail or running shoes: * 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 very important.</b>	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
	Columbia (trail)	Lightweight and durable trail running shoes.		X
	Asics			



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20)	<b><u>HEADGEAR / CAPS</u></b>	<b>It is required that you wear a cap with a neck cover such as legionnaire design. Light color head wear is recommended.</b>	1	
	Sea-To-Summit The Mullet Cap	With a multi-position, removable neck flap.		X
	Outdoor Research Helios Sun Cap	50+ UPF rating with a brim.		X
	Outdoor Research Swift Cap	Quick-drying cap with a mesh liner.		X
	Outdoor Research Ferrosi Cap	A breathable, lightweight soft shell cap.		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
	Columbia Freezer Ball Cap	A baseball-style cap with Omni-Freeze® technology to keep your head cool.		X
21)	<b><u>SUNGLASSES</u></b>	<b>Any pair of UV protection sunglasses.</b>	1	
	Numa Sport Optics			X
	Smith Optics			X
22)	<b><u>NATIONALITY PATCHES</u></b>	<b>You must wear nationality patches on both sleeves of all tops (including jackets) throughout the event. These are in addition to the 4 Deserts patches which are provided by RacingThePlanet.</b>	8	X
23)	<b><u>4 DESERTS PATCHES</u></b>	<b>RacingThePlanet will send you these patches approximately 6 weeks before the event.</b>	8	X
FOOD / COOKING				
24)	<b><u>7-DAY FOOD SUPPLY</u></b>	<b>You are responsible for your own food for the entire event. You need a dried meal for the night before the race, as well as a minimum of 2000 calories/day during the race (7 days).</b>	8	
	<ul style="list-style-type: none"> <li>• Pre-event: One (1) meal</li> <li>• During the event: food totalling a <u>minimum</u> of 14,000 calories</li> </ul>			
<input type="checkbox"/>	<b><u>Dried Meals</u></b>	<b>We recommend using dried meals as your main food source. Hot water will be available at all campsites.</b>		
	Expedition Foods (Freeze dried)	High calorie (800 per meal) and freeze dried meals. Note: "Freeze dried" is typically better tasting than "dried mix" meals.		X
	Mountain House (Freeze dried)	Numerous freeze dried dinner and breakfast meals. Note: "freeze dried" is typically better tasting than "dried mix" meals		X
	Backpacker Pantry (Dried mix)	Numerous dried mix dinner and breakfast meals.		X
	Back Country (Dried mix)	Numerous dried mix dinner and breakfast meals.		X
<input type="checkbox"/>	<b><u>Energy Bars / Gels</u></b>	<b>Various brands from which to choose. To avoid an upset stomach, be sure to test your bars and gels during training.</b>		



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	Item/Type	Comments	Qty.	Store
	Clif Bar	Whole, all-natural and organic ingredients.		X
	PowerBar	C2MAX carb mix contains a special ratio.		X
	PowerGel	Delivers a fast energy boost.		X
	Hammer Bars	Easy to digest and gluten-free.		X
	Hammer Gels	Perfect for a quick energy boost.		X
	SIS Go Bar	Nutritious snack for an active lifestyle.		X
	Jelly Belly Sport Beans	Contains carbohydrates, electrolytes and vitamins.		X
	GU			
<input type="checkbox"/>	<b><u>Nutrition Supplements</u></b>	<b>These nutrition products were recommended by those who have completed the 4 Deserts series.</b>		
	PowerBar Recovery	Take after the stage for muscle recovery.		X
	PowerBar Energize	Take during the stage for energy.		X
	Perpetuem by Hammer	Take during the stage to fuel your body.		X
	Recoverite by Hammer	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
	SIS Rego Recovery	Promotes muscle recovery.		X
	Whey	Protein supplement; helps repair muscles.		X
	Premium Insurance Caps	Daily supplement, overall health support.		X
<input type="checkbox"/>	<b><u>Other drink mixes</u></b>	<b>Bring your favourite drink mixes for mornings and nights around camp.</b>		
	Coffee or Tea			
	Hot Chocolate			
<input type="checkbox"/>	<b><u>Snacks</u></b>	<b>An important part of your food supply. We recommended bringing a good variety of your favourite snacks.</b>		
	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 with 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 ingredients.		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.		



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	Item/Type	Comments	Qty.	Store
25)	<p><b><u>ELECTROLYTES / SALT TABLETS</u></b></p> <ul style="list-style-type: none"> <li>Enough for 7 days.</li> </ul>	<p>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.</p> <p>It is strongly recommended to bring tablets in addition to electrolyte drink powders. <u>You need to bring a minimum of:</u></p> <ul style="list-style-type: none"> <li>Enough powder to make a minimum of 30 liters of drink</li> <li>OR enough salt tablets / Endurolytes for 30 hours on the course (usually minimum is 1,5 tablets per hour=45 tablets)</li> <li>OR a combo of both, e.g. powder for 15 liters of water and tablets for 15 hours on the course. If you expect to spend more than 30 hours on the course then you should increase this accordingly.</li> </ul> <p>It is recommended that you test these supplements during your training and follow the recommended amounts.</p>		
	Endurolytes by Hammer Nutrition	Provides superior cramp prevention.		X
	Nuun (no sugar)	Light flavour drink enhancement.		X
	Saltstick Caps	Minimises cramping and fatigue.		X
	SIS Electrolytes	A carbohydrate energy fuel with electrolytes.		X
26)	<p><b><u>HYDRATION SYSTEM</u></b></p> <p>You must be able to carry 2.5 litres of water at one time.</p>	<p>Use a combination of hydration bladder and water bottles. Bottles allow for more flexibility, as bladder can be hard to refill at checkpoints. Many prefer the SmarTube or similar models.</p>	1	
	RaidLight Bretelle Bottle-Holder	Attaches to shoulder of backpack.		X
	RaidLight Dual Chamber	Take along for water and energy drink.		X
	Raidlight Bottle with Flexible Valve	A soft plastic bottle with a screw top and flexible valve.		X
	SmarTube (for 1.5L bottle)	Convenient water bottle adapter.		X
	SmarTube Cap (for 63mm bottle)	For wide-mouth bottles.		X
	Hydrapak GelBot Bottle	Delivers two performance essentials - fluid and gel - in one bottle.		X
	Hydrapak Reversible Reservoir II Hydration System	3L bladder that is backpack compatible.		X
	Platypus Platy Bottle	Light-weight, collapsible and versatile.		X



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	Item/Type	Comments	Qty.	Store
	Platypus SoftBottle with Closure Cap	Ultra-reusable, light-weight and flexible. Rolls up when not being used.		X
	Nathan Hydration Bottle	Soft, squeezable and low-density.		X



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## OPTIONAL EQUIPMENT (NOT MANDATORY, BUT SUGGESTED)

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	Item/Type	Comments / Website	Qty.	Store
<b><u>GEAR</u></b>				
27)	<b><u>SLEEPING PAD</u></b>	Select a small size to save weight or a regular size for added comfort and warmth. A self-inflating half-size pad that provides padding in all the essential areas can also be light; however, it is very difficult to eliminate the air each morning for packing. Tents provided in the event do not have any ground padding.	1	
	POE Uber-Light	Ultra-light self-inflating pad.		X
	POE Uber High Mountain	Light, durable and comfortable.		X
	POE SL Basic	Classic all season pad.		X
	Therm-a-Rest NeoAir	Ultra-light inflatable pad.		X
	Therm-a-Rest Z Lite	Ultra-light mattress with accordion-style design.		X
	<b><u>Additional Comfort</u></b>			
	Therm-a-Rest Compressible Pillow	A compressible pillow for travel.		X
	POE Base Extended Comfort Chair	Multi-function capabilities.		X
28)	<b><u>BAG LINER</u></b>	<b>Bag liners are a great way to add additional warmth to lightweight sleeping bags. Most bag liners add approximately 6°C/10°F.</b>	1	
	Sea-to-Summit CoolMax Liner	A climate control travel liner.		X
	Sea-to-Summit Premium Silk Liner	Premium silk travelling sheet. Adds up to 10 degrees of warmth.		X
29)	<b><u>TREKKING POLES</u></b>	<b>Useful if you intend to walk the majority of the course.</b>	1	
	RaidLight Foldable Trail	Ultra-light and easy-to-use. Foldable, with a minimum required space of 30cm.		X
	Black Diamond Alpine Carbon Cork	A light, durable trekking pole.		X
	Black Diamond Trail	Versatile and comfortable to use.		X
	Komperdell Women's C2 Carbon	Adjustable with an extra-firm grip.		X
	Komperdell Men's C3 Duolock	Lightweight and comfortable with duolock system.		X



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	Item/Type	Comments / Website	Qty.	Store
30)	<a href="#">INSECT REPELLENT</a>	<b>Many brands will work.</b>	1	
	Bushman Heavy Duty Dry Gel	Quick-drying gel that protects you from insects.		X
	EG Mosquito Repellent Bracelet	Waterproof, convenient and stylish.		X
	SmartShield	Insect repellent in spray or towelette form, with SPF 30 protection.		X
	Dermatone Herbal Insect Repellent with Bite Blocker	Protects against mosquitoes and flies.		X
	Dermatone Sun & Bug Combo, SPF 25 with Insect Repellent	Insect repellent for 3 hours, UVA & UVB protection; water proof and sweat proof.		X
31)	<a href="#">ZIP-LOCK BAGS, WATERPROOF / SAND-PROOF BAGS, COMPRESSION BAGS</a>	<b>Pack your food and small items in zip-lock bags. For more expensive items (i.e., cameras &amp; passports), you may consider waterproof / sand-proof bags.</b>	20	
	Sea-to-Summit Ultra-Sil Dry Sacks	Light and tough waterproof bags.		X
	Sea-to-Summit SN240 Compression Sacks: XS - 5.5" x 14" / Small - 7" x 16" / Medium - 8" x 18" / Large - 9" x 20"	XS – good for clothing. Small, Medium, Large – fits most bags.		X
	Aloksak Durable Film Bags	Ideal for film or other sensitive items.		X
32)	<a href="#">TOWEL</a>	<b>For cleaning off at camp.</b>	1	
	4 Deserts Tablet Towels	Durable and biodegradable tablets that unroll with water for instant use.		X
	Sea-To-Summit Pocket Towel	Quick-drying, lightweight and compact.		X
33)	<a href="#">TOOTHBRUSH &amp; TOOTHPASTE</a>	<b>Any brand will do. A small-sized travel toothbrush is recommended.</b>	1	
	Toob Brush	A compact, refillable toothpaste tube.		
	Toob Replacement Heads	Made with soft end rounded bristles.		X
34)	<a href="#">WRISTWATCH / INSTRUMENT</a>	<b>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.</b>	1	
	Suunto Vector	Excellent multi-functional sport watches.		X
	Suunto t1c	An inexpensive heart-rate monitor / watch.		X
	Luminor (excellent for use at night)			
	Timex			



OPTIONAL EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Score
	Polar			
35)	<a href="#"><u>GPS</u></a>	Choose a model that uses changeable batteries, <i>not</i> rechargeable batteries. Competitors will not have access to recharge their batteries. The course is marked every 25 meters. GPS coordinates are not provided. A GPS is most useful for tracking distance.	1	
36)	<a href="#"><u>iPod</u></a>	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 outlets to recharge iPods.	1	
37)	<a href="#"><u>SOLAR PANEL / PORTABLE CHARGER</u></a>	A way to charge your iPod, camera and other powered devices.	1	
	Classic Solio Hybrid Charger	Lightweight and versatile.		X
	Powertraveller Powermonkey	A portable power charger.		X
	Powertraveller Powerchimp	A portable power charger.		X
38)	<a href="#"><u>CAMERA</u></a>	Any small digital camera will do. If your camera is not waterproof, place it in double zip lock bags.	1	
39)	<a href="#"><u>BOOK / MAGAZINE</u></a>	Tear out pages you plan to read.	1	
40)	<a href="#"><u>PLAYING CARDS</u></a>	Great for passing time at camp.	1	
41)	<a href="#"><u>TRAINING BOOKS / MAPS</u></a>	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
42)	<a href="#"><u>FLAGS</u></a>	Handmade, high quality flags. One for each 4 Deserts event.		X
<b><u>CLOTHING</u></b>				
43)	<a href="#"><u>SCARF / HEADGEAR</u></a>	A Buff® is ideal as it can be used for multiple purposes - scarf, headgear, sweatband, etc. Highly recommended.	2	
	4 Deserts Buff®			X
	RacingThePlanet Buff®			X
	Sahara Race Buff®			X
	Patagonia Lightweight Alpine Beanie	Keeps you warm in the evenings.		X
44)	<a href="#"><u>SOCKS</u></a>	A fresh pair everyday is helpful; six or seven pairs are recommended. Many competitors wear SmartWool or	7	



# GOBI MARCH (CHINA) 2011 PRELIMINARY EQUIPMENT LIST



OPTIONAL EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Score
		<b>Teko.</b>		
	Skins Sport Powersox	Compression socks increase circulation to the calves, increasing performance and facilitating 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
	DryMax Run Crew Socks	Padded socks designed with a Dual Layer Moisture Removal System.		X
	DryMax Trail Run ¼ Crew High Socks	Comes with extra foot protection for the trails and an anti-blister system.		X
	Teko Socks	Lightweight, quick-drying comfort. Highly recommended by numerous 4 Deserts competitors.		X
45)	<b><u>GAITERS</u></b>	<b>This is a personal choice - some wear gaiters, others do not. Ankle gaiters keep debris out of your shoes.</b>	1	
	4 Deserts Gaiters	Designed by competitors in the 4 Deserts.		X
	RaidLight Stop-Run Gaiters	Efficient all season protection and adaptable to all running shoes.		X
46)	<b><u>FLIP FLOPS / SLIPPERS</u></b> <a href="#">Men's Footwear</a> <a href="#">Women's Footwear</a>	<b>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.</b>	1	
	Keen	Durable, high quality sport sandals.		X
	Sole			
	Crocs	Very popular, and great for using when shoes are causing severe blisters		
47)	<b><u>SPORTS BRA</u></b>	<b>Women-only</b>	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 bra.		X
	Patagonia Active Sport High Impact Bra	Lightweight, highly breathable bra.		X
FOOD / COOKING				
48)	<b><u>EATING TIN / CUP</u></b>	<b>Useful for cooking at the camp fire. Titanium products are the lightest but very expensive. Many people cut the top off of the plastic bottles provided at the event to use</b>	1	



# GOBI MARCH (CHINA) 2011 PRELIMINARY EQUIPMENT LIST



OPTIONAL EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
		<b>as cups.</b>		
	Guyodesigns Squishy Bowl & Cup	Flexible, versatile and durable.		X
	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
49)	<b><u>EATING UTENSILS</u></b>	<b>Bring more than one fork/spoon in case you lose one. Titanium products are the lightest option but expensive.</b>	1	
	Sea-To-Summit AlphaLight Spork	Durable and ultra lightweight.		X
	Sea-To-Summit AlphaLight Long Handled Spoon	Great for keeping your knuckles clean when digging into freeze dried meals.		X
	Light My Fire Spork	Polycarbonate and titanium versions.		X
	Brunton Flip Sticks Folding Chopsticks	Convenient and durable.		X
	Snow Peak Titanium Spork Short	Durable, lightweight and compact.		
	Snow Peak Titanium Spork	Durable and lightweight.		
50)	<b><u>TISSUE / WET WIPES</u></b>	<b>Any brand will work (at least 1 pack per day). A must for toilet use. No tissues will be provided by Event Staff.</b>	7	
	Wet Ones Moist Towelette with Vitamin E & Aloe	Clean-up anytime. Thick and soft.		X
	Kleenex Deluxe 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