**COMPULSORY EQUIPMENT FOR PARTICIPANTS**

All of the obligatory equipment and personal belongings for each competitor (food, survival equipment and Marathon kit, waist pouch...) should weigh between 6.5 kg and 15 kg. This minimum/maximum weight does not include your daily water supply. Each participant will have to fulfil the above obligations during the administrative and technical checks in Morocco.

**Food :**  
Each entrant must provide his/her own food from 08 to 14 April inclusive.

Each competitor must have 14 000 k/calories, that is to say a minimum of 2,000 k/calories per day, otherwise he/she will be penalised. Any food out of its original packaging must be clearly marked with the nutrition label shown on the product concerned.  
**Gas stoves are strictly forbidden.**

**Mandatory equipment:**  
• backpack MDS or equivalent  
• sleeping bag,  
• head torch and a complete set of spare batteries,  
• 10 safety pins,  
• compass, with 1° or 2° precision,  
• lighter,  
• a whistle,  
• knife with metal blade,  
• topical disinfectant,  
• anti-venom pump,  
• a signalling mirror,  
• one aluminium survival sheet,  
• one tube of sun cream,  
• 200 euro or equivalent in foreign currency  
• passport or for Moroccan residents, identity card

•**original medical certificate provided by AOI, filled in and signed by the doctor**  
•**original ECG and its tracing**

**Marathon Kit:**  
It is supplied by the organisation and will include the following:

• a road-book issued on 06 april,  
• Identification marks [(see ART.8)](http://marathondessables.com/en/the-mds/regulation-2018.html#art8),  
• salt tablets,  
• sachets for the toilets  
This Marathon kit will be issued during the technical and administrative checks in Morocco.

A luminous stick will be issued at CP3 of the non-stop stage. The distress beacon must be given back to the organization at the finish line.

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| **CALORIES** (Kcal.) Reminder of the minimum calories to be presented during the technical controls in Morocco. | |
| |  |  | | --- | --- | | DAY | MORNING | | |  |  | | --- | --- | | DAY | MORNING | |
| |  |  | | --- | --- | | TECHNICAL CONTROL 1st day 2nd day 3rd day | 14 000 14 000 12 000 10 000 | | |  |  | | --- | --- | | 4th day 5th day 6th day 7th day | 08 000 06 000 04 000 02 000 | |