**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. |
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