



Obligatory material		Description	Comments	uts.	gr.	Total gr.
P	Rucksack	GOLITE - VO24	Tunning x H2O	1	600	600
P	Carries Bottles	RL Adaptarlo		1	260	260
X	Sleeping bag	GOLITE - ULTRA 20º		1	674	674
X	Windstopper	GOLITE - WISP WIND SHIRT		1	103	103
X	Aluminium Blanket survival		Cut it	1	32	32
X	Front Lamp	Petzl e-Lite		1	25	25
P	Clock	Suunto T6c + PodCast		1	-	-
X	Compass		Comprar pequeña	1	9	9
X	Lighter			1	13	13
X	Knife	Victorinox mini Aluminium with scisors		1	17	17
P	First aid Kid	Detailed List attached		1	532	532
X	Mirror			1	3	3
X	Anti Poison Pump		Eric	1	85	85
F	Whistle		David	1	4	4
X	12 Needles	Para fijar los dos dorsales		1	3	3
X	Medical Certificate + Electrocardio				-	-

Other Material		Description	Comments	uts.	gr.	Total gr.
X	Cap	GOLITE - MESH CAP	Adaptar Nuca	1	-	-
X	Running Shorts	GOLITE - RIDGE RUNNER SHORT		1	-	-
X	Running T-Shirts	GOLITE - DRIMOVE LITE		1	-	-
F	Small mat	Cuted		1	130	130
X	Running Shoes	ASICS Gel Trabuco 14 USA		1	-	-
P	Polainas protección arena	RL	Miquel Adapta	1	-	-
P	Sunglasses	Adidas Elevation Clima Cool (190 gr)	Vista Optica	1	-	-
X	Inside Thermic T-Shirt	GOLITE - DRIMOVE SILK L/S		1	79	79
X	Front Bottle	RL Largo 750cl		1	92	92
X	Front Bottle	GOLITE 500cl		1	75	75
X	Thin Thermic pants	Half		1	196	196
X?	Buff	Dakar SaunierDuval 1 On + 1 Rucksack		1	34	34
X	Socks	4 Rucksack + 1 On		4	42	168
X	Underpants	1 Rucksack + 1 On		1	37	37
F	Toilet case	Detailed List attached		1	36	36
X	Sleeping Shoes	UltraLight Blue		1	50	50
X	Sun Cream	Factor Extrem ISDIN		1	69	69
X	Slips Sun Cream	ISDIN Máximo		1	14	14
X	Cleenex	10outs. Box		2	24	48
X?	Weat Tissues	20outs. Box		1	45	45
X	Rag	Cut a Cotton T-Shirt		1	23	23
X	Waterproff Bag	Small for mobile + Docs		1	19	19
X	Clothes Bag	From GoLite		1	17	17
P	Race Tracker	Staff Media	Mirar Sujeción	1	206	206
X	Mobile Phone			1	131	131
X	Photo Camera	Canon		1	156	156
X	Pen	Bic		1	6	6
X??	Paper notebook			1	53	53
X	Bateries	x Frontal + Mobile + RaceTracker		1	86	86
X	Docs + Money	DNI+1Visa+200€		1	10	10

Food / Kitchen Staff		Description	Comments	uts.	gr.	Total gr.
	Food	Detailed List attached		1	5.191	5.191
	Plastic Spoon			1	11	11
	Aluminium Cap	300Cl		1	54	54
	Alcohol Solid Tablets	2 boxes (40 units)	David Compra	2	8	16

Material given by organisation		Description	Comments	uts.	gr.	Total gr.
	Emergency Kit			1	360	360
	Lumistick			2	50	100
	Salt Tablets			1	1	1

TOTAL Rucksack Weigh: 9.798
Weigh with no Food 4.607