

## Necessary equipment for the Cinque Terre Trail

| Bring with you during the run                            | YES | OPTIONAL | NO |
|--|-----|----------|----|
| Trailrunning shoes with non-slip sole                    | X   |          |    |
| Backpack <10 l or fanny bag                              |     | X        |    |
| Backpack 10/15 l   | X   |          |    |
| Backpack >15 l   |     | X        |    |
| Space blanket and whistle                                | X   |          |    |
| Bandages   | X   |          |    |
| I.D. and spare money                                     | X   |          |    |
| Cellphone  | X   |          |    |
| Water reserve <1 l                                       | X   |          |    |
| Water reserve >1 l                                       |     | X        |    |
| Food for the race (chocolate, dried fruits, snacks, ...) | X   |          |    |
| Electrolytes   | X   |          |    |
| Waterproof jacket with hood                              | X   |          |    |
| Plastic bags to protect the equipment from the rain      | X   |          |    |
| Short trousers   |     | X        |    |
| Long (or 3/4) trousers                                   | X   |          |    |
| T-shirt e long sleeve shirt                              | X   |          |    |
| Sunglasses   | X   |          |    |
| Sunscreen and cocoa butter                               |     | X        |    |
| Gloves   | X   |          |    |
| Buff or thermal hat                                      | X   |          |    |
| Hat for the sun or the rain                              |     | X        |    |
| Telescopic sticks  |     | X        |    |
| Small crampons for trailrunning shoes                    |     |          | X  |
| Tissues  |     | X        |    |
| Waterproof overtrousers                                  | X   |          |    |
| T-shirt or changing underwear                            | X   |          |    |
| Camera   |     | X        |    |