

Necessary equipment for the Etna Tour 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 (only for Etna Summit)		
Tissues		X	
Waterproof overtrousers	X		
T-shirt or changing underwear	X		
Camera		X	