

## INDIVIDUAL EQUIPMENT REQUIRED FOR ALL ATHLETES - TEAM & INDIVIDUAL RACES

- **one pair of skimountaineering skis:** minimum height 160 cm for men and 150 cm for women and youth categories, with metal edges for at least 90 % of their length, with a minimum width of 60 mm, measured at the centre of the ski, the part considered to be narrowest. The measurements shall be those declared by the manufacturer who assumes full responsibility for such declaration;
- **a pair of ski mountaineering boots:** the boots must be high enough to cover the ankles, must be designed for the quick and safe attachment of crampons, must be equipped with both a device for closing the shell and the cuff and a lock for the inclination between the cuff and the shell. All fastening systems and soles of ski mountaineering boots placed on the market by the manufacturers are deemed to be compliant, provided they have not been modified. Other types of soles and modified soles are also permitted, provided they meet the following requirements: - the minimum external surface area of the cleats in contact with the ground must be 1 cm<sup>2</sup>; - the sole must be made of rubber material such as vibram or similar; - the sole of each boot must be cleated and must cover at least 75% of the surface area; - the minimum number of cleats per boot must be 23, of which 15 on the front and 8 on the heel; - the minimum depth of the cleats must be 4 mm;
- **one pair of bindings:** the bindings must be of the ski mountaineering type from the same manufacturer. They may be fitted with ski stoppers or safety straps, at the competitor's discretion; they must have the possibility of locking the boot at the rear for the descent and must have front and side safety release systems in the toe and heel;
- **a pair of poles** with a maximum diameter of no more than 25 mm, excluding the padding: metal washers are prohibited;
- **a thermal cover** with a surface area of 180 cm<sup>2</sup>;
- **an avalanche transceiver** of international standard, worn in contact with the body, operating in reception and transmission throughout the competition. (DVA with three antennas). The DVA must be equipped with a 3-antenna reception system, compliant with EN 300718 Frequency 457 kHz.
- **a snow shovel with handle:** the assembled snow shovel with handle and spoon must have a minimum length of 50 cm, the dimensions of the spoon must be at least 20x20 cm. It must not have been modified in any way. The designation "snow shovel" is given by the manufacturer who assumes responsibility for this designation and its functionality;
- **a snow probe** with a minimum length of 240 cm and a minimum diameter of 10 mm. It shall not have been modified in any way. The designation "snow probe" is defined by the manufacturer who assumes responsibility for its definition and functionality;
- **a backpack with shoulder straps**, equipped with two ski straps, capable of holding all the material required by the regulations. The crampon pocket must be closed towards the back of the rucksack.
- **2 pairs of climbing skins.** It is strictly forbidden, for environmental reasons, to use and apply adhesive tape or similar materials to improve the smoothness of the skins itself;
- **clothing required for the upper body:** three layers in the competitor's size, of which
  - one long-sleeved or short-sleeved adherent to the body;
  - a second long-sleeved layer
  - a windproof layer
- **clothing required for the lower body:** two layers consisting of a pair of trousers or tracksuit in the competitor's size and a pair of windproof trousers of the same size

- **a helmet** with homologation: UIAA 106 and EN 1077 class B standards; EN 12492 and EN 1077 class B standards.

The helmet must be worn and fastened throughout the competition;

- **a pair of gloves** that must be worn throughout the competition;

- **a cap or headband;**

- **a pair of goggles** or visor;

- **a pair of crampons** with a minimum of 10 points and a minimum height of 3 cm, which must be carried in the rucksack point to point and must have the safety straps fastened during use. They must not have been modified in any way;

- **A harness** approved to UIAA standard 105, unmodified;

- **A "longe"**, certified "ferrata KIT", approved to UIAA Standard 121; UIAA Standard 128.

- **a quantity of liquids** equal to one litre;

**The organisation reserves the right to reject any piece of equipment deemed to be faulty or inadequate.**