



## **Transylvania Trail Traverse**

### **Highly recommended kit/gear:**

Backpack /Fanny pack/ Running pack

Buff / Hat

Cloak / Raincoat

Long sleeve shirt

Pants / shorts long

Water Bottle

Bars / Energy Gels and r electrolyte replacement tabs

First aid kit: bandage, elastic bandage, plasters

Survival blanket/Foil

Mobile Phone

Headlamp

Trekking poles,

Sunglasses

Gloves

Whistle

Change of clothes.

### **NEW POLICY. NO COMPULSORY**

NO COMPULSORY equipment at Transylvania Trail Traverse!!!

O my God, some will think,  
Others maybe are you going to kill us all?  
No dear friends, we will not let you down!

We will use our 200 years of experience the management team have together from mountain marathons, multisport and military operations to give you the best advice we can!

We have all been in situations where our lives have been in real danger because of bad equipment choice. Since we survived we have life experiences to share.

But we also know that some smart guys out there, think we are to old, grey and fat to have any good advise to give.

Thats ok, its the rule of life. The new generation always "knows better" than the past until their first "baptism of fire".

So we give you the opportunity to think, make decisions and take full responsibility for yourselves as adults who will prepare carefully.

We will still require that you acknowledge with your signature at race check in that you have read and understood our serious recommendations of equipment to have with you above.

We will support you and we will stand behind with advice and recommendations but some will always want to go their own way.

That's fine with us and we hope you come to the finish line with your own stories and lessons to share. As Per Sjogren, one of the race directors has said "we have a saying in Sweden and perhaps it is found elsewhere as well: "You can lead the horse to the water, but the horse must drink it self!"

Welcome to wonderful Transylvania!