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## 强制装备清单 Mandatory Gear List

标准强制装备清单：

Standard Gear List Items:

- 1个背包, 需要携带以下所有装备
- 1 Backpack/Ruck, must be able to contain all gear list items
  
- 黑色无商标和 logo 的上衣
- A plain black T-shirt with no logos on the outside
  
- 饮品, 食物, 盐 - 个人的营养补给, 够 4 小时
- Drink, Food, Salt - whatever your individual nutrition needs are for 4 hours
  
- 胶布 (不是一般的透明胶带, 也不是电工胶布。推荐 3M 或者猩猩牌)
- 1\*Duct tape (Not regular tape or electrical tape, not gaffer tape. 3M or Gorilla Tape are good)
  
- 医用绷带剪刀
- 1\*Medical Shears. (Shears, not scissors)
  
- 一条 7.5 米以上长度的结实的伞绳 (承重 550 磅或以上)
- 550 Paracord - 25 feet or more X1pec
  
- 1 根黑色马克笔
- 1\*Black Sharpie
  
- 1 个头灯
- 1\*Head Lamp

注: **GEAR LIST** 非常重要, 请一定按照上面的内容准备好装备。如果有没准备好的装备, 允许现场和队友去协调是否有额外可用。倘若选手未准备, 且无法协调到, 那么该选手将会被取消比赛资格, 且不退回报名费。

NOTE: Please follow the gear list exactly and bring all items listed. If you are missing an item, you will not be allowed to proceed with the event and the registration fee will not be refunded.