



Mt5 ADVENTURE RACE JAPAN 2025

KIT LIST

Mandatory gear for each competitor

(one set per individual participant)

- Trail running shoes for Black Dragon or hiking shoes for Green Dragon (it is important that these are not new) Important point is that normal "running shoes for road running" are not suitable as the mountain road surface can be muddy and slippery
- Cell phone (ability to make local calls)
- Travel insurance - Foreigners/ Insurance Card- Japanese Residence
- Raingear
- 20-30L backpack – with capacity to hold 1L of water.
- Reusable Waterbottle or Camelback or MY-CUP - to hold 1 L of water
- Food - Easy to eat and access snacks (gels, chocolates, energy bars)
- Whistle
- Emergency blanket (lightweight, Mylar-type material, thermal)
- Cap - You will be provided with an ARJ cap, but can bring your own
- Large plastic bag (large bin liner/ garbage bags can also be used to keep you warm)
- Suncream

Mandatory gear for each team

(one set per team)

- Basic Outdoor challenge First Aid kit :
 - Blister packs
 - Anti-blister lubricant (e.g. Hydropel)
 - Bandages
 - Handgel
 - Disposable gloves etc.

Suggested but not mandatory items

- Waterproof trousers
- Waterproof jacket
- Dry bag for all gear (Ziploc bags will work)
- Hydration pack
- Sunglasses with retention strap
- Extra clothing (light weight shirt layer, neck warmer, socks.)
- Small pack of tissues

Food

Breakfast – a hearty breakfast will be provided on all three mornings

Trail Food – Some snacks will be provided but you may wish to bring some of your own

Finish Line – Food will be provided at the end of the Trail runs on both days

Hotel – the hotel will serve food for those finishing early