

## Mandatory equipment

	K104	K46	K19	H19
Mobile telephone (with saved emergency numbers)	x	x	x	x
Backpack or running vest	x	x		
Rain jacket with hood	x	x		
Headband or cap	x	x		
Forehead lamp with extra batteries	x	x		
Bottle /bag for 1 liter drink	x	x		
Spare drink 0.5 liter	x			
Drinking cup	x	x	x	x
Snacks	x	x		
Rescue blanket (1.40 x 2.00m)	x			
Elastic bandage for an emergency bandage	x			