

	Inotator(i)	Echipa suport
Echipament	Swimsuit lung	Caiac / barca
	Swimsuit scurt	Haine impermeabile
	Casca (groasa & subtire)	Ochelari de soare
	Ochelari (2)	Manusi de sport
	Casca neopren (optional)	Sapca / sahariana
	Sosete neopren (optional)	
	Manusi neopren (optional)	
Hidratare	Termos	Apa (5 litri)
	Bidoane 0.7 l (2)	Sistem hidratare (camelbak sau bidon)
	Bidoane 1 l (2)	Isotonic
	Limonada (6-8 lamai)	
	Apa (bidon 5 litri)	
	Ceai cald (1 litru)	
	Isotonic Hydrate & Perform (1 bidon)	
	Electroliti (pastile efervescente)	
Nutritie	Oleaginoase (alune, migdale, nuci)	Sandwich-uri
	Legume (ardei, castravete, salata)	Fructe (banane, mere, portocale)
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	Fructe uscate (curmale, goji)	
Energizante	Batoane Energy Multifruct (6)	
	Energy Gel (12)	
	Carbo-jeleuri (10)	
	Energy shot cafeina (2)	
Recuperare	Sportenine	Magneziu
	Microhidrina	
	H500	
	L-glutamina	
	Aminoacizi	
	Calciu	
Altele	Haine de schimb	Harta
	Picaturi de ochi / urechi	Parame
	Crema de incalzire / racire musculara	Cutit
	Trusa de prim ajutor	Lada frigorifica portabila
	Prosop	Crema anti-UV factor 50
	Crema / ulei anti-frecare	Crema tantari
	Saci menajeri (5 buc)	Ceas GPS
		Fluier
		Smartphone + aplicatie RunKeeper
		Aparat foto
	Bani	