

	3-day Challenge	3-day Race	V162	N80	L57	H50	H25
- 第一日起步 4000 / 第二日起步2000 大卡熱量脫水食物或乾糧 4000 Kcal (first day) / 2000Kcal (2nd day) of Freeze Dried Food at start	X						
- 睡袋或睡袋內襯 Sleeping Bag or Sleeping Liner	X	X					
- 起步時 200 卡路里之緊急口糧. 200 Kcal of ready-to-eat food at start	X	X	X	X			
- 後備電池 (頭燈或電筒) spare batteries (for Headlamp or Torch)	X	X	X	X			
- 第一組功能正常之頭燈或電筒 1st unit of Headlamp or Torch	X	X	X	X			
- 第二組功能正常之頭燈或電筒 (電話上之電筒可代替) 2nd unit of Headlamp or Torch (mobile Phone torch counts)	X	X	X				
- 救命毯, 每邊不少於140cm Emergency Blanket with at least 140cm on either side in length	X	X	X	X			
- 急救包, 內含消毒藥水一包, 彈性繃帶或貼帶80cm 以上, 及兩片膠布或敷料. Medical Kit - antiseptic x 1; elastic bandage/tape 80cm+ x 1; band-aids/gauzes x 2.	X	X	X	X			
- 哨子 Whistle	X	X	X	X	X		
- 可盛載500毫升水的器皿 500ml of water container	X	X	X	X	X	X	X
- 防水外套 Waterproof Jacket	X	X	X	X	X	X	X
- 可在香港撥通及接收的手提電話及足夠電源. (檢查時須要為開機狀態) Mobile phone that can be dialed out and receive calls in Hong Kong Network, and sufficient back up battery. (Must be ON upon checking)	X	X	X	X	X	X	X
- 個人碗或杯 + 食具. 檢查站將不設紙杯或即棄式食具. Personal Bowl or Cup, plus utensil. Paper cups or disposable spoon/fork not provided.	X	X	X	X	X	X	X
- 可供導航用的手機, GPS手錶, 或GPS定位裝置內預載的GPX 檔案; 或 For navigation purpose: pre-loaded GPX file in Mobile phone, GPS watch or GPS device	X	X	X	X	X	X	X
- 八達通及100元現金. Octopus card, and HKD 100 cash.	X	X	X	X	X	X	X