



**MOUNTAIN
HOUSE**
CLOTHING & EQUIPMENT

TRAIL RUNNING / ULTRA TRAIL / BIKE

Equipment

Glasses

Exposure to solar radiation is the cause of a high number of eye injuries, so we recommend you wear UV-filter goggles. They also allow you to protect yourself from the wind: there are cases of transient cold blindness.

Survival blanket

It could be useful in case you quit or you get injured and you have to wait for a vehicle of the organization. The survival blanket protects you from the wind and reduces heat loss through radiation by aluminum foils in which the infrared rays are reflected.

Sunblock. Essential to protect the skin from solar radiation during the race.

Mobile phone. Network available only at some points of the route.

Ear plugs. If your ears are very sensitive, using plugs will protect you from the wind.

Clothing

Jacket

The outer layer has the mission of preventing the passage of wind and rain. Depending on the weather, we recommend using a windbreaker or a raincoat with breathable membranes like Goretex or others.

First layer

It's the inner layer that's in contact with your skin, so it is recommended for it to be pleasant to the touch and not retain moisture. We suggest a first layer of merino or synthetic wool. Cotton is not recommended because it retains moisture and takes time to dry.

Cap

Despite being discovered, the head is kept warm thanks to its rich network of blood vessels. However, you should have in mind that more than 30% of body heat is lost through the head. Hence the convenience of protecting it by the hat. It will also help you protect your ears from the wind.

Gloves

The hands are the only part of the body that does not get warm when running, this is because the blood circulation is focused on the muscles. We suggest the use of gloves, ideally windstopper.

ARE YOU READY FOR
YOUR NEXT ADVENTURE?

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