

MEDICAL INFORMATION

Doctor and emergency service are available during the whole race. Response time depends of locality.

Following medicaments are not available by the organisation (except emergencies or against payment)

- Cream for backside (Vaseline antiseptic)
- Vitamin pills
- Sunblocker
- Polividon Jod – wound disinfection
- Protects against insect bites
- Dexpanthenol – wound ointment
- Painkiller (Voltaren 100mg (NSAR))
- Eucarbon (Carbo adsorbens) – coal tablets
- Imodium (Loperamid)
- Antibiotics (Ciprofloxacin or Clarithromycin)
- Wound bandage
- Second skin (for the back side)

Vaccination

Every participant has to be vaccinated against tetanus!!

Water

Generally the water is drinkable in the area where we are. For your safety we use drops to sterilize and disinfect the drinking water ("Romin Keimfrei"). For your personal needs take a package of drops or tablets with you.