



Hiking long distances at night through mountain paths brings about certain risks. Please note the following items that you will need to bring to join the race.

夜間在山間徒步行走有一定的危險性。請注意攜帶下列物品前來參賽，以備不時之需：

What to bring—mandatory:

- 2-3 liters of water in refillable bottles (there will be 4 water stations).
- Food for 8 hours (suggest a big meal before the race).
- Fully charged mobile phone with roaming (some parts of Lantau only pick up China signal).
- 2 LED head or hand- torches with batteries to last 8-10 hours for solo. It is recommended to have at least 1 spare torch per team.
- 1 whistle (to attract attention)

必須攜帶之物品:

- 裝滿 2-3 升飲用水的可加水水壺（途中有 4 個飲用水補給站）
- 可供 8 小時消耗之食物（賽前應飽餐一頓）
- 可漫遊之手提電話（大嶼山某些地方可接收中國大陸訊號）
- 1 塊充滿電的手提電話電池（其中 1 塊為備用電池）
- 1 個電池電量充足的 LED 頭燈（及足夠 10 小時使用的備用電池）
- 1 個 LED 手電筒（及足夠 10 小時使用的備用電池）
- 1 只口哨（引起注意之用）

Most important

Torches/headlamps are temperamental things. Light life varies tremendously depending on make/bulb/size/temperature/usage/battery type etc. Some torches only last 45minutes and others 6 hours. If your torch runs out during a section, this is very dangerous and you will not be able to continue the race. Organisers will not have spares. You therefore should bring a spare torch and sufficient batteries. If buying a new torch, you should test it before the race on your training hikes.

重要信息

頭燈和手電筒的使用時間因制作過程、燈泡、大小、溫度、使用、電池類型等因素而有很大差異。一些手電筒只能持續照明 45 分鐘，有的則可達到 6 小時。如果你的手電筒在途中熄滅，這將會非常危險而且你將不能繼續比賽。組辦方沒有備用電

筒。因此你必須自帶備用電筒及充足的電池。若購買新電筒，你應在賽前的徒步訓練中對其進行測試。

What to bring—recommended

- Small tub Vaseline to prevent chaffing.
- Energy bars/high energy snacks.
- Plasters (blisters), Panadol (pain relief).
- Ankle support (twisted ankle is very common with night hiking).
- Light raincoat, spare long sleeve t-shirt (Lantau Peak can be cold).
- Lantau hiking map and route map (please download from website).
- Small plastic/zip-lock bags to protect map/phone/torch in case of rain.
- HK\$200 cash (you may wish to exit the race early and although difficult in Lantau, you may need to take a taxi to Tung Chung)
- Sense of adventure

建議攜帶之物品

- 小管裝凡士林（於賽前塗於手臂/腹股溝以免皮膚擦傷）
- 能量棒或高能量食物
- 藥膏（緩解水泡）
- 必理痛（緩解疼痛）
- 護踝（夜間徒步易發生踝關節扭傷）
- 輕便雨衣，備用長袖 T 恤（鳳凰山可能溫度較低）
- 徒步靴（為踝關節提供最佳保護）
- 線路圖（請聯系我們取得電子版）
- 小膠袋/拉鏈袋，為防下雨時淋濕地圖、電話、電筒
- 200 港幣現金（你如果想中途退出比賽，可以在大嶼山（盡管可能性不大）幸運地搭乘的士回東湧）