

OBLIGATORY EQUIPMENT

FOR PARTICIPANTS IN OSLO TRAIL CHALLENGE

Updated 22.03.2026

200, 100 and 55 KM

Participants on the ultra-distances must carry:

- Backpack with attached reflective marking
- Wind- and water-proof jacket with hood
- Wind- and water-proof long trousers
- Warm cap
- Gloves
- Warm midlayer top (wool or similar) with long sleeves
- For 200 and 100 km: 2 well functioning headlamps, and spare power for one lamp. For 55 km: 1 well functioning headlamp, and spare power for this lamp.
- Aids for navigation: GPS-supported unit (e.g., handheld GPS unit, GPS watch, mobile phone) or paper map and compass
- Mobile phone
- Power bank
- Drink reservoir with a total volume of minimum 1 litre
- Survival blanket
- Food
- Drink
- Payment card / means of payment

All obligatory equipment is to be carried all the way from start to finish.

Comments

Many participants prefer to bring walking poles, but this is not required.

If you are using the mobile phone for navigation: Beware that the routes pass through areas without service.

You need to carry a power bank and/or spare batteries with sufficient capacity to support the telephone and other equipment requiring electricity (GPS unit, headlamp, etc.).

The backpack must have reflective marks, for you to be seen in the dark when crossing or following roads.

21 KM

Participants on 21 km must carry:

- Aids for navigation: GPS-supported unit (e.g., handheld GPS unit, GPS watch, mobile phone) or paper map and compass
- Mobile phone