

Definition (Equivalence of categories). Let \mathbf{C} and \mathbf{D} be categories. An *equivalence* between \mathbf{C} and \mathbf{D} is the following data:

1. A functor $L : \mathbf{C} \rightarrow \mathbf{D}$;
2. A functor $R : \mathbf{D} \rightarrow \mathbf{C}$;
3. Natural isomorphisms $\text{un} : \text{Id}_{\mathbf{C}} \Rightarrow L \circ R$ and $\text{co} : R \circ L \Rightarrow \text{Id}_{\mathbf{D}}$.