

The Cauldron – Gear List

PERSONAL – Must possess permanently on that person throughout the event

- 2 liter fluid capacity
- Lighter or Waterproof Matches
- Compass (1 per every 2 competitors on a team)
- Knife, within easy reach, minimum blade of 2.5", folding OK
- Whistle
- Space blanket
- Head lamp with extra batteries for minimum of 8 hrs

TEAM - Must possess permanently throughout the event

- Cell Phone
- First aid kit as indicated below
- Passport
- List of the RULES
- Complete set of legible maps (given pre-race)

Emergency First Aid Kit (to be carried by each team at all times)

- 4 doses of pain/fever medication (Ibuprofen/Tylenol)
- (4) Betadine, iodine or alcohol swabs
- (4) standard Band-aids
- Iodine tablets for water purification (be prepared to acquire water from wild sources)
- 3" ACE Bandage
- (4) 4"x4" gauze pads
- Medical tape or duct tape
- Antibiotic Cream: i.e. Neosporin
- Pair of surgical gloves
- Epi pens for individuals with allergies to insect stings, etc.

MANDATORY INDIVIDUAL PADDLING EQUIPMENT

- Zip tied glow sticks required for front and rear of each provided canoe.
- Race management will provide Canoes, single blade paddles & PFD's. You may bring your own paddles (either single blade or double blade are acceptable) and your own PFD's- Type III or higher, non-inflatable. If you bring your own paddles or PFD's you will be required to transport for portions of the event.

MANDATORY INDIVIDUAL MOUNTAIN BIKE EQUIPMENT

- ANSI/Snell or CPSC-approve bike helmet
- Front and rear lights; white light on front (headlamp is fine) and red blinking light for rear
- Extra batteries for front & rear lights with minimum battery life of 8 hours
- Bike tire repair kit and bike tool-PER TEAM ; spare tubes, pump (or other tire inflation device)

RECOMMENDED

- Small dry bag (or more than one is even better) for the safe-keeping of your cell phone. It is to your benefit to make sure you have the best waterproofing system you can find.
- Waterproof map case - (maps and instructions may become unusable or damaged from water if not protected)
- Insulating Layer Top & Bottom (poly pro, wool, fleece, etc)
- Money
- Long Pants
- Bike Gloves
- Synthetic Hat
- Dry Bag / Trash Bag
- Bug Spray, Sunscreen, Sun Glasses
- Bike odometer/speedometer (more than 1 per team suggested)
- Bike Pump or CO2
- Chain Tool / Bike Repair Kit
- Spare Bike Tubes
- Bike Patch kit
- Duct Tape
- Rain gear

PROHIBITED EQUIPMENT

- GPS, including pace counter
- Fire arms
- Communication devices other than sealed cellular phone or Spot tracker
- Motorized means of transport
- Night Vision