

MANDATORY PERSONAL GEAR

Must possess permanently on that person throughout the event

Minimum 30 ounce fluid capacity

Compass (1 per every 2 competitors on a team)

Whistle

Space blanket

For events at night

Headlamp with batteries for the duration of darkness

MANDATORY TEAM GEAR

Must possess permanently throughout the event among one or more teammates

Cell Phone

Knife, within easy reach, minimum blade of 2.5", folding OK

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

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 may be required to transport for portions of the event.

For events at night:

Zip tied glow sticks required for the front and rear of each provided canoe.

MANDATORY INDIVIDUAL BIKE EQUIPMENT

ANSI/Snell or CPSC-approve bike helmet

For events at night:

Front and rear lights; white light on front and red blinking light for rear. Must be bike mounted
Extra batteries for front & rear lights with minimum battery life of duration of darkness

MANDATORY TEAM BIKE EQUIPMENT

Spare tubes or sealant and pump (or other tire inflation device)

Bike tire repair kit and bike tool

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

Motorized means of transport