



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
- Glow sticks for the front and rear of each boat on your team
- Knife, within easy reach, minimum blade of 2.5", folding OK
- Punch Card (you will be provided this by race staff)
- List of the RULES
- Complete set of legible maps (given pre-race)
- First aid kit as indicated below

Emergency First Aid Kit (always carried by each team)	
<ul style="list-style-type: none">• 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)	<ul style="list-style-type: none">• 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, 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 them 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-approved 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