

# The “Thunder Rolls” Adventure Race



## Mandatory “Safety” Gear List – FINAL

Note: List is subject to change

### Mountain Biking Portion

Mountain Bike  
Spare Inner Tube (1 per person)  
Tire Pump (1 per team)  
Repair Tool (1 per team)  
Bike Helmet  
Bike Gloves  
Front white bike light or headlamp  
Red flashing rear bike light

### Canoeing & Float Tube Portion

PFD (USGS Approved Type III) per person  
Paddle (you should provide your own paddle; a limited number of kayak paddles will be available on a first come basis)  
Inflatable pack raft – note: all team mates must be able to safely ride in the raft(s). Each team may have up to (3) rafts. You may be required to carry the raft. Sevylor makes Trail Boat #U215 for individuals or many other models. I have personally used the Trail Boat in the MIX Expedition Adventure Race.  
(12) 12 Hour minimum Glow Sticks  
(1) Throw bag with 25’ of ¼”rope minimum

### Ropes Portion

Climbing Harness - UIAA Approved  
(3) Locking Carabiners  
Helmet (Climbing or Bike is ok)  
Gloves – Bike Gloves o.k.

(2) 12” Sewn Nylon Slings

NOTE: All of the above ropes gear is required for the 12 and the 24 hour races.

Gear to be carried at ALL times by EACH person:

Hydration system – 70 oz. minimum  
Folding Knife  
Long Pants or Tights  
Fleece or Polypro top (sized to fit user)  
Water Resistant Jacket  
Beanie Style Hat (stocking hat)  
Whistle  
Lighter or Waterproof Matches  
Emergency Blanket  
Headlamp with Spare Batteries  
Back pack sized to hold mandatory gear

Gear to be carried at ALL times by ONE person:

(3) 4”x4” gauze pads  
Roll of ½ “medical tape or duct tape  
3” Ace Bandage  
(2) Safety pins  
(10) Anti-inflammatory tablets (Ibuprofen)  
Electrolyte replacement tablets – 10 minimum (Succeed or Hammer)  
Cell Phone  
Waterproof case for cell phone  
(2) Compasses  
Waterproof Map Case

For Additional Information contact:

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