



Mandatory “Safety” Gear List

Note: List is subject to change. List dated: 08/17/09 **(NOTE: UPDATE ON ROPES)**

Mountain Biking Leg(s)

- ✚ 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 Leg(s)

- ✚ PFD (USGS Approved Type III) per person
- ✚ Paddle (you should provide your own paddle)
- ✚ (6) 12 Hour minimum Glow Sticks
- ✚ (1) Throw bag with 25' of ¼" rope minimum

Ropes

- ✚ Climbing Harness - UIAA Approved
- ✚ (3) Locking Carabiners
- ✚ Helmet (Climbing or Bike is ok)
- ✚ Gloves – Bike Gloves o.k.
- ✚ (2) 12” Sewn Nylon Slings
- ✚ (4) Prussik Loops. NOTE: 7mm or 8mm accessory cord cut in four 5’ lengths then tied into prussik loops

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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