

# High Profile Adventure Camp 2010

## *LIGHTNING STRIKES ADVENTURE RACE*

### Gear List as of 3/8/10

#### Mandatory Gear

- ✓ Sleeping bag
- ✓ Pillow
- ✓ Toiletries
- ✓ Towel(s)
- ✓ Headlamp with spare batteries
- ✓ Rain Gear (jacket and pants) – no ponchos
- ✓ Trail Running Shoes (2 pair minimum)
- ✓ Compass
- ✓ Small Back Pack or Camelbak with at least 70 oz. water bladder
- ✓ Leather Full Finger Gloves
- ✓ Fleece or polypro top
- ✓ Long Pants or Tights (2 pair minimum)
- ✓ Beanie Style Hat (stocking cap)
- ✓ Whistle
- ✓ Emergency Blanket
- ✓ Lighter or waterproof matches
- ✓ Small folding knife
- ✓ Mountain Bike
- ✓ Spare Inner Tube (1 per person)
- ✓ Tire Pump or Spare Air (1 per team)
- ✓ PFD (USGS Approved Type III) (1 per person)
- ✓ Kayak Paddle (1 per person)
- ✓ Bike Helmet

- ✓ Cell phone (1 per person)
- ✓ Climbing Harness (UIAA Approved)
- ✓ (3) Locking Carabiners
- ✓ Helmet (Climbing or Biking) NOTE: Climbing preferred
- ✓ (2) 12" Sewn Slings
- ✓ ATC or Figure 8 Device
- ✓ (2) 8 mm Accessory Cord cut in 60" Lengths each
- ✓ Waterproof Map Case or 2.5 Gallon Zip Lock Baggie

## Recommended Gear

- ✓ Rock climbing shoes

NOTE #1: A small amount of gear to lend will be available including climbing helmets, harnesses, carabineers, sewn slings, ATC's and Figure 8's, and ascending gear. Active Endeavors will be selling all of the climbing gear indicated in red. The climbing gear will be mandatory for each racer, to complete the Lightning Strikes Adventure Race.

NOTE #2: Bring at least two changes of clothes. Clothes should be quick drying. Dress in layers. You **will** get wet from the waist down during the camp. All of the gear is available for purchase at from Active Endeavors in Davenport, Iowa or at [www.qcactive.com](http://www.qcactive.com). Matt Ostrom, the owner is a huge supporter of adventure racing and is one of Team Orthopaedic Specialists sponsors. All camp registrants will receive a 15% discount on the equipment noted above. Just indicate to an associate at the store that you are participating in the camp to receive the discount. The gear can also be ordered over the phone at 563-441-9490.

