



Mandatory "Safety" Gear List (FINAL)
12 and 24 Hour Teams

Mountain Biking

- 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 light

Canoeing

- PFD (USGS Approved Type III) per person **Note: There will be some available at no cost**
- Paddle (you should provide your own paddle) **Note: There will be some available at no cost**
- (2) 12 Hour minimum Glow Sticks per person
- Throw bag with 25' of ¼" rope minimum per team

Ropes

- Climbing Harness - UIAA Approved per person
- (3) Locking Carabiners per person
- Helmet (Climbing or Bike is ok) per person
- Gloves – Bike Gloves o.k.
- (2) 24" Sewn Nylon Slings per person
- Figure 8 or ATC belay device per person

Gear to be carried at ALL times by EACH person:

- Hydration system – 70 oz. minimum
- Folding Knife
- Fleece or Polypro top (sized to fit user)
- Water Resistant Jacket
- 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 the TEAM:

- (3) 4"x4" gauze pads
- Roll of ½ "medical tape or duct tape
- (10) Anti-inflammatory tablets (Ibuprofen)
- Electrolytes
- **One (1) Cell Phones with fully charged batteries**
- Waterproof case for cell phone
- (2) Compasses
- Waterproof Map Case