

## MANDATORY INDIVIDUAL GEAR

Each competitor must possess permanently throughout the event.

- Knife, within easy reach, minimum blade of 1.5", folding ok.
- Whistle
- Head lamp
- Big \*ss old smile and a great attitude
- Minimum 2L of water capacity
- Space blanket
- Race Bib/Jersey (provided)

## TEAM

Each team must possess permanently throughout the event:

- Lighter
- Compass
- Survival Mirror
- Shovel for burying human waste (Must prove can dig 1 ft deep hole with it)
- Way in which to keep passport Dry

## PADDLING SECTION: INDIVIDUAL

- Whistle attached to life jacket
- Type 3 Coat Guard-approved non-inflatable PFD
- Paddle

Paddle's and PFD's available to rent at registration for \$5.00

Please call at least **one week** prior to event to reserve.

Payment made at registration.

Driver's License will be needed to ensure return of product.

## FIXED ROPES SECTION: INDIVIDUAL

- Climbing harness
- (2) - 2ft. Slings
- (2) Locking carabineers
- Climbing helmet (mountain bike helmet not acceptable as per USARA Guidelines)
- Prusik (or other friction knot), minimum 6mm in diameter, 115cm in length
- Leather gloves (no fingerless)
- ATC

Climbing Harness & helmets available to rent at registration for \$5.00

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#### MOUNTAIN BIKE SECTION: INDIVIDUAL

- Mountain bike or off road bike
- Approved bike helmet
- Front light, white light mounted to handlebars
- Red light, red blinking light for rear

#### EMERGENCY FIRST AID KIT ( to be carried by each team at all times):

- (4) doses of pain medication (ibuprofen/Tylenol)
- (4) Betadine, iodine or alcohol swabs
- (4) standard Band-aids
- Iodine tablets or another water purification system
- (2) 3" ACE bandages
- (4) 4"x4" gauze pads
- 10 feet of Medical tape or duct tape
- Antibiotic cream: i.e. Neosporin
- Sunscreen
- Pair of latex surgical gloves
- Moleskin or compeed (enough for all team members)

The amount of medical supplies need to be able to treat/remedy illness or injury for 20 hours.  
Support crews will be allowed to resupply teams with medical and first aid items.

#### SUPPORT CREW MANDATORY GEAR:

- First Aid Kit (Duplicate as Team First Aid Kit)

#### HIGHLY RECOMMENDED EQUIPMENT:

- Dry bag large enough to fit all mandatory items (Yeah you are probably going to get wet)
- Insect Repellent (Enough for support and team)
- Long sleeve synthetic shirt
- Long pants or tights
- Synthetic hat
- Waterproof Jacket (Taped seams)
- Allen keys
- Tire levers
- (2) Spare tubes
- Pump (or other tire inflation device)
- Chain repair tool
- Utensils needed to plot race course (Championship Course)

#### RECOMMENDED EQUIPMENT:

- Fleece top
- Money for emergencies
- Altimeter
- Baby wipes