# ALEAN DO RACE

# MANDATORY GEAR LIST – THE BREAKDOWN EXPEDTION RACE

# Individual Gear

- Hydration 2 liter minimum
- Headlamp with extra batteries
- o Whistle
- Emergency space blanket
- Long sleeve synthetic top
- Waterproof jacket
- Synthetic hat
- Race bib/jersey (provided)
- Sharpie/marker
- o Dry bag large enough for all Individual Mandatory Gear
- Gear Bin: One bin per person. To keep consistent with the industry-standard for expedition races: the required gear box is the 35-gallon Action Packer. If you'd like to use a smaller bin, you may also use the 25-gallon version of the Action Packer. These types of bins are required so they can be transported properly. If you do have an alternate gear bin that you like to use, you may do so as long as the dimensions are smaller or the same as the 35-gallon Action Packer (Note: Dimensions, not capacity). The gearboxes must be stackable and the lids must close securely. Dimensions must be equal or less than 36" x 21" x 18" (LxWxH). If your box is larger than this, it will not be accepted. If you have any doubts, use the Action Packer.

# Team Gear

- UTM plotter 1:24,000 scale
- Compass
- Fully Charged Cell Phone in Waterproof Container
- Digital Camera (or equivalent for photo-checkpoints)
- Lighter or other waterproof fire starter
- Water purification
- Strobe Light (a headlamp with this function will suffice)
- o Knife



- GPS Tracker (provided)
- First aid kit. (Adventure Medical Kits Ultralight/Watertight Medical Kit .7 or equivalent)
- 5 Gallons of Gear: Since the terrain is challenging enough, we thought it'd be nice to allow for a little extra resupply on a few of the Legs where you won't be seeing your Gear Bins for a while. Two person teams will be allowed ONE 5-gallon bucket to fill with any gear desired and 3-4 person teams will be allowed TWO 5-gallon buckets. Your Gear Bucket must meet the following requirements: tight-fitting lid, no larger than 5 gallons, must have a handle, bib (provided) taped to top of lid.

#### Individual Bike Gear

- Mountain Bike (no road or cyclocross bikes)
- Spare inner tube (even if you use tubeless tires)
- Bike helmet (CPSC, ANSI, or SNELL certified)
- Rear mounted flashing red light
- Front mounted white light (teams may wear headlamps, but bikes must still have a front mounted light on after dark)

## Team Bike Gear

- Bike tool
- Tube patch kit (even if you use tubeless tires)
- Pump or CO2 inflator

#### Paddling Gear

Teams will be provided with canoes. One boat for 2 & 3 person teams, and 2 boats for 4 person teams.

#### Individual Paddling Gear

- Type III PFD
- o Paddle
- 8 Glow sticks and means of attachment
- Whistle (accessible while paddling)



• Bike helmet (during designated packrafting legs)

If paddling after dark - racers must have 1 glow stick attached to the PFD. 2 glow sticks attached to any canoe (bow & stern) and one glow stick attached to any packraft.

## **Team Paddling Gear**

- Packraft(s). The size/number is at the discretion of the team.
- Packraft patch kit.
- Paddle Bag. One paddle bag per team. This will be used by race staff to transport your Paddle & Packrafting specific gear ONLY. You will be required to transport your own paddle/packraft gear on certain sections.

#### Individual Ropes Gear

- Climbing harness (UIAA/CE certified)
- 2 Locking carabiners (UIAA/CE certified, prefer auto-locking)
- Helmet (UIAA/CE certified, Bike helmet NOT acceptable)
- Rappel device / ATC (No Figure 8)
- Prussic Loop (~ 16" end to end)
- Gloves (MTB gloves acceptable)

