



## **MANDATORY GEAR LIST – THE FIG**

### ***Individual Gear to be carried at all times:***

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- Hydration - 2 liter minimum
- Headlamp with extra batteries
- Whistle
- Emergency space blanket
- Long sleeve synthetic top
- Waterproof jacket
- Synthetic hat
- Sharpie/marker
- Dry bag large enough for all Individual Mandatory Gear

### ***Team Gear to be carried at all times:***

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- Race number bib (provided)
- UTM plotter - 1:24,000 scale
- Compass
- Fully Charged Cell Phone in Waterproof Container
- Lighter or other waterproof fire starter
- Water purification
- First aid kit. (Adventure Medical Kits Ultralight/Watertight Medical Kit .7 or equivalent)

### ***Individual Bike Gear to be carried at all times while on a bike leg:***

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- Off-road bicycle (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 to be carried at all times while on a bike leg:***

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- Bike tool
- Tube patch kit
- Pump or CO2 inflator

***Paddling Gear:***

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- Canoe or Kayak (bring your own boat) OR arrange for rental during registration.

***Individual Paddling Gear – to be worn/carried at all times while on a paddling leg.***

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- Type III PFD (bring your own) OR arrange for rental during registration.
- Paddle (bring your own) OR arrange for rental during registration.
- 3 Glow sticks and means of attachment

If paddling after dark - racers must have 1 glow stick attached to the PFD and 2 glow sticks attached to the boat (bow & stern)