



THE LBL CHALLENGE

Individual Gear to be carried at all times:

- 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:

- 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:

- 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:

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

Paddling Gear to be carried at all times while on a paddling leg.

Teams will be provided with canoes and single bladed canoe paddles. One boat for 2 & 3 person teams, and 2 boats for 4 person teams. Canoes do NOT have a center seat. Solo racers will be provided with a solo kayak and double bladed kayak paddles. Note that if you decide to use the provided paddles you must use the type provided with your boat (canoe or kayak). Racers may also bring their personal paddles of any style if they wish.

Individual Paddling Gear

- Type III PFD (provided - personal PFDs are allowed)
- Paddle (provided - personal paddles are allowed)
- 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)

5 Gallons of Gear – 24 HOUR racers ONLY

Since it'll be early March, we thought it'd be nice to allow for a little extra gear. Each 24HR team (regardless of size) will be allowed ONE 5-gallon bucket to fill with any gear desired. More details on when/where you'll see this during the race will be provided in the Racer Communication, distributed the week prior to the race. Your Gear Bucket must meet the following requirements:

- Tight-fitting lid
- No larger than 5 gallons
- Must have a handle
- Bib (provided) taped to side