



MANDATORY GEAR LIST

Individual Gear to be carried at all times:

- Hydration - Bladder or bottles
- Headlamp with extra batteries
- Whistle
- Emergency space blanket
- Sharpie/marker

Team Gear to be carried at all times:

- Race number bib (provided)
- Compass
- Fully Charged Cell Phone in Waterproof Container
- Lighter or other waterproof fire starter
- 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

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:

- 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.

- Type III PFD (bring your own) OR arrange for rental during registration.
- Paddle (bring your own) OR if you rent a boat one will be provided. Note: those renting kayaks will be provided a double-bladed kayak paddle; those renting canoes must utilize the provided canoe paddles.
- IF any of the race is occurring after dark: 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)