



MANDATORY GEAR LIST

Individual Gear to be carried at all times:

- Hydration - Bladder or bottles

Team Gear to be carried at all times:

- Race number bib (provided)
- Fully Charged Cell Phone in Waterproof Container
- Sharpie/marker

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

- Bicycle
- Bike helmet (CPSC, ANSI, or SNELL certified)

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 if you rent a boat one will be provided.
- 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.

Recommended Gear (optional)

- Compass
- Whistle
- Bike repair kit (spare inner tube, bike tool, tube patch kit, pump or CO2 inflator)
- Food