

## **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 Mandatory Gear

## **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
- Water purification
- First aid kit. (Adventure Medical Kits Ultralight/Watertight Medical Kit .7 or equivalent)

## **12HR Distance - additional requirements/notes**

- Canoe or Kayak (bring your own boat) OR arrange for rental during registration
- Type III PFD (bring your own) OR arrange for rental during registration - must be worn at all times while paddling
- Paddle (bring your own) OR arrange for rental during registration
- Glow sticks and means of attachment (# dependent on team size)
  - If paddling after dark - racers must have 1 glow stick attached to the PFD and 2 glow sticks attached to the boat (bow & stern)
- Whistle (from individual mandatory gear) must be easily accessible

## General Race Rules

- Only maps provided by 361° Adventures may be used during the race.
- Teammates must stay within 30 meters of each other at all times.
- Teams may not receive support, food, mechanical assistance, or gear from non-racers.
- Race Volunteers have limited information and may not interpret race rules or provide clarification to racers.
- Teams must have the Race Bib Number (provided) visible at all times except while paddling.
- Racers must assist any person in danger.
- Any person or team withdrawing from the race must notify a race official in person or ensure that their intentions are communicated clearly to a race director. Failing to notify race officials of a withdrawal will result in that team being responsible for all search and rescue expenses. The remaining team members may continue the race as an unranked team.
- Race officials reserve the right to alter time cut-offs or the course itself to accommodate changing conditions, and to ensure that teams finish on time.
- Leave No Trace.
- GPS Devices: No one likes a cheater. Don't cheat. We'll keep this rule very simple. Keep all GPS-capable devices out of sight for the entirety of the race. If everyone follows this rule, then we should never get an accusation of a team using such a device to cheat.

## Mandatory Gear

- Mandatory gear as prescribed by the "Mandatory Gear List" must be carried at all times.
- Teams or racers may be removed from the race course at any time if it is determined by the race directors that a racer's safety is compromised by a lack of mandatory gear.
- The Mandatory Gear List may be adjusted or changed by the race directors at any time prior to the race start. Any changes will be discussed at the pre-race meeting.