

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

## **Individual Bike Gear (to be carried at all times while biking)**

- Off-road bicycle
- 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 (in addition to headlamp, but bikes must still have a front mounted light on after dark)

## Team Bike Gear (to be carried at all times while biking)

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

## Paddling Gear

- 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

### NOTE

- This is ONLY the mandatory gear required. It is not a comprehensive list of what you should actually carry. Such as food, additional layers, etc