



Revised March 16, 2008 - FINAL

Full Time Mandatory Gear – per team	
Quantity	Description
3	Compass
3	Space Blanket (full size)
2	Altimeter
3	Whistle
3	Rescue Mirror (3”x 4” minimum – standard full size mirror that is close is okay)
10	Waterproof Matches or Lighter
3	Headlamps
3	USCG Approved Waterproof Strobe (White Flashing Light Only)
1	Team Shelter Option A: 3 Bivy Sacks and 1 Tarp (minimum size 10 ft x 12 ft cut size, finish size 9’ 4” x 11’ 4”) not a space blanket or a thin painters tarp. Option B: 1 – 3-season tent to fit all three team members at once, with a floor.
1	First Aid Kit - minimum 10 foot piece of Duct Tape, 1 container of Superglue
30	Electrolyte Tablets
1	GPS (one that can be sealed and used for emergency only)
3	Hooded Windproof Jacket (with sealed seams)
3	Long Sleeve Fleece Layer
1	Family Style Walkie-Talkie Radio with Extra Batteries (Channel 7.0)
1	GPS Tracking Device (SPOT) provided by the organization. Each team will be required to make a credit card deposit, only charged if the device is not returned.
Kayak Gear – per team	
Quantity	Description
3	Type III PFD (no inflatable PFD’s)
3	Kayak or Canoe Paddles
1	Extra Paddle
1/2/3	Kayaks (can be single, double or triple kayaks to carry entire team)
3	Skirts (standard size)
1	Bilge Pump or Bailer
3	Whistles Attached to Outside of PFD
1	Dry Bag to carry all Mandatory Gear
3	Helmets (bike helmet okay) to be worn during all surf entries/exits
2/4/6	Glowsticks (minimum 6”) (2 per boat – each team will receive two boats)
Mountain Bike Gear – per team	
Quantity	Description
3	Pairs of Extra Brake Pads that fit each of the 3 bikes
3	Mountain Bikes
3	Pair of Gloves
3	Bike Helmets
1	Bike Repair Kit (allen wrenches, chain tool, tire levers, tube patch kit)
3	Red Flashing Lights to be attached to the back of the bike or visible on backpack

3	White Front Lights
3	Spare Tubes
Canyoneering Gear – per team	
Quantity	Description
3	Mountaineering Helmet (No Bike Helmets) Must have UIAA Approved Climbing Helmet (i.e. Petzl.....)
3	UIAA Approved Climbing Harness
1	30 m x 6 mm (minimum) static rope
3	Rappel Device
3	Sewn Sling (minimum 24” circumference) for extending rappel device.
3	Prussik (minimum 6mm)
9 6	Self-Locking Carabiners (2 per person)
3	Sewn Sling (minimum 36” circumference)
3	Jacket – Windproof (with sealed seams) – suggest Goretex or similar Same as the Full Time Mandatory Jacket
3	Pants – Windproof (with sealed seams) – suggest Goretex or similar
3	Beanie or Buff Type Headgear
3	Pair of Gloves – Insulated, NOT thin bike or bike type gloves.
3	Backup Headlamps
3	Dry Bags or Strong Large Trash Bags to line packs and keep gear dry.
3	Handled Ascenders (1 per person)
Paddle Board Section	
All paddle board gear to be provided by the organization.	
GENERAL GEAR – PER TEAM	
3	Team Shirts or other SWAG for Pre-Race Shirt Exchange

Recommended but NOT Mandatory Gear

- Trekking Poles
- Midweight Fleece Top and Bottom
- ~~PFD for Canyoneering if anyone is uncomfortable swimming~~
- A third Altimeter in Canyoneering Section
- ~~Neoprene Top for Canyonnering Section~~