



MANDATORY GEAR LIST

Mandatory gear is the minimum gear that we require you to have with you at all times to race within our safety mandate so that your team is prepared for a worst-case scenario. Teams are free to bring any additional items they feel necessary, provided they are not on the list of forbidden equipment. There will be a gear check before the race to ensure that teams have all mandatory gear, and there may be periodic checks throughout the race. If an individual or team cannot produce their mandatory gear at any point in the race, consequences may include time penalties, disqualification, or removal from the race course.

Full Time Mandatory Gear (to be carried at all times during the race)

Personal (per person)

ITEM	QUANTITY
Knife with fixed or locking blade	1
Flashlight or headlamp with extra batteries	1
Emergency blanket (space/foil blanket)	1
Whistle	1
Hydration system with at least 2L capacity	1
Toque or Buff	1
Warm long sleeve synthetic shirt (no cotton)	1
Long pants (or tights)	1
Waterproof shell jacket	1

Team (per team)

ITEM	QUANTITY
Compass	2
First aid kit (minimum items listed below)	1
Waterproof matches or lighter	1
Waterproof map bag	1
Red distress flares	2
Cellphone (full battery) in waterproof container (double ziploc ok)	1
FRS Two-way Radio in waterproof container	1
Watch	1

Mountain Biking Mandatory Gear (to be carried at all times during biking sections)

Personal (per person)

ITEM	QUANTITY
Mountain bike	1
Certified bike helmet	1
Front mounted light or headlamp	1
Rear mounted red light	1
Spare tube	1

Team (per team)

ITEM	QUANTITY
Tire pump	1
Tire levers	2
Allen key set	1
Chain repair tool	1

Canoeing Mandatory Gear (to be carried at all times during any paddling sections)

Personal (per person)

ITEM	QUANTITY
PFD (no inflatables) with whistle attached (Coast Guard / Dept of Transport (DOT) approved)	1
Paddle (single-blade paddles provided – personal paddles optional)	1

Team (per team)

ITEM	QUANTITY
Safety Kit – bailer & throw rope (provided)	1
Canoe (provided)	1
Glowsticks **	2

** Glowsticks must be attached to the front and back of the canoe and must be activated while paddling at night.

Team First Aid Kit (to be carried at all times during the race)

ITEM	QUANTITY
Water purification system/tablets/drops	for 10L water
Closure (butterfly) bandages	4
Adhesive tape (1" wide), preferably waterproof	1 roll
Moleskin	4" x 4"
Triangular bandage	1
3" x 5 ft long tensor bandage	1
Antibiotic ointment (ie. Polysporin)	1 tube
Antibacterial towelettes	5
2" x 5 ft gauze roll	1
4" x 4" gauze pads	4
Tweezers	1
Antihistamine tablets	5
Anti-inflammatory tablets (ie. Ibuprofen)	6
Scissors	1

Forbidden Equipment

Any teams or racers in possession of any of these items during the race will be disqualified from the race.

- GPS device
- Motorized transportation
- Weapons of any sort (with the exception of the mandatory knife)
- Cell phones, two-way radios or any other communication device, with the exception of the mandatory gear cell phone and two-way FRS (which will be sealed by race management for the duration of the race)
- Additional maps, charts or land information during the race – teams may consult these and other sources prior to the start of the race, but the only maps allowed on the course are the maps supplied by us.

This is not necessarily a complete list of forbidden equipment. Any device or item that offers an unfair advantage to the team possessing it may also be deemed as forbidden. Please check with event organizers prior to start of race if you have any items that may be questionable.

Other Suggested Team Gear

- Light daypack with hip belt
- Waterproof bags
- Insect repellent
- Bike computer (no GPS)
- Extra socks
- Light but supportive trail shoes
- Trekking poles
- Anti-chafing products (Vaseline, Hydropel, BodyGlide)