



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. Some of these items are deemed mandatory by our insurer; others are equipment that we require you to have in case of 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 gear checks throughout the race to ensure that teams have the required gear on them. 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	1
Warm long sleeve synthetic shirt (no cotton)	1
Long pants (or tights)	1
Waterproof shell jacket	1
Race jersey to be worn at all times (provided)	1
Rope – 6 feet long	1
2 Carabiners (do not have to be locking)	2

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 ziplock ok)	1
Race maps (provided)	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	1

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
Approved PFD (no inflatables) *	1
Glowsticks **	1
Paddle (single-blade paddles provided – personal paddles optional)	1

Team (per team)

ITEM	QUANTITY
Glowsticks (in addition to personal) **	3
15 meter buoyant heaving line / throw bag	1
Bailer or bilge pump	1
Canoe (provided)	1

* Lifejacket must have a legible certification sticker from Canadian Coast Guard, US Coast Guard or Department of Transport Canada (DOT)

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

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

ITEM	QUANTITY
Water purification system/tablets/drops	for 20L water
Closure (butterfly) bandages	6
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	10
Anti-inflammatory tablets (ie. Ibuprofen)	12
Oral rehydration salts (ie. Gastrolyte)	3
Scissors	1
Sunscreen	1 oz.

Support Crew Mandatory Gear

ITEM	QUANTITY
First aid kit	see below
Extra fluids for team	
Garbage / recycling bags	2 minimum
Cell phone with full battery	1
Vehicle for transport bikes & all team gear	1
Appropriate clothing for weather	
Pen	1



Support Crew First Aid Kit (to serve needs of support crew and to restock team kit)

ITEM	QUANTITY
Water purification system/tablets/drops	for 20L water
Closure (butterfly) bandages	4
Adhesive tape (1" wide), preferably waterproof	1 roll
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
Antihistamine tablets	6
Anti-inflammatory tablets (ie. Ibuprofen)	12
Sunscreen	100 mL

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 (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 good hipbelt
- Waterproof bags for extra clothes, first aid kit, etc.
- Insect repellent
- Bike computer (no GPS)
- Sunglasses
- Extra dry socks
- Light but supportive trail shoes/trail runners
- Trekking poles
- Anti-chafing products (Vaseline, Hydropol, BodyGlide)