



2011 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 items are deemed mandatory by our insurer; others are items that we require you to have to be ensure preparedness 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 gear 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
Flashlight or headlamp with extra batteries	1
Emergency blanket (space/foil blanket)	1
Whistle	1
2L water capacity (bladder, water bottles)	1
Toque or Buff	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
PFD	1

Team (per team)

ITEM	QUANTITY
Knife with fixed or locking blade	1
Compass	2
First aid kit (minimum items listed below)	1
Waterproof matches or lighter	1
Waterproof map bag	1
Launching 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
Headlamp or Front mounted light	1
Rear mounted red light	1
Spare tube	1

Team (per team)

ITEM	QUANTITY
Tire pump	1
Tire levers	1
Chain repair tool	1
Other bike repair tools (team choice)	

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

Personal (per person)

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

Team (per team)

ITEM	QUANTITY
Canoe with safety pack (provided)	1

* Lifejacket must have a legible certification from Canadian or US Coast Guard or Dept. of Transport. (DOT)

** Glowsticks must be activated while paddling at night, attached to 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	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	8
Anti-inflammatory tablets (ie. Ibuprofen)	8
Oral rehydration salts (ie. Gastrolyte, eLoad)	1 per racer
Scissors & Tweezers	1
Sunscreen	1 oz.

Gear Bin Mandatory Gear (to be kept in team gear bins)

ITEM	QUANTITY
Extra first aid supplies (to restock if needed)	
Extra fluids for team	
Garbage / recycling bags	2
Extra warm clothing	

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 other communication device, with exception of mandatory gear cell phone (which will be sealed by race management for duration of race)
- Additional maps or charts. 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 Gear

Light daypack with 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, Hydropel, BodyGlide), Moleskin for blister prevention (or treatment)