



## **Required Individual Equipment**

Mountain Bike

Helmet

Safety Whistle

Compass

Type II personal floatation device

Waterproof Map Case

Camelback, or similar hydration system.

Knife -w- 2.5 inch blade

1<sup>st</sup> Aid Kit with a minimum: Motrin or Advil, water purification tablets, 1 roll of 3" sterile gauze (minimum 6', in the wrapper), 1 roll of ace bandage, electro-lite tablets, 10' of 2" duck tape.

## **Recommended Individual Equipment**

Bike Repair Kit -w- 1 spare tube per racer, and inflation device

Eye Protection

Waterproof Jacket

Gloves

Full charged cell phone without GPS, in waterproof case.

## **Recommended Team Equipment**

Money, water proof bags (for equipment), Vaseline, foot powder, food/energy bars, tow line, spare gear bag, zip ties, kayak paddle, cooler for transition, extra clothes for transition, large action packer or Tupperware container for securing gear in transition, spare batteries, pencils, markers, highlighters, more duct tape.

Emergency Space Blanket

### **\*Night racing for races longer than 12 hours**

\*Headlamp -w- 6 hrs burn time

\*Front Mounted Bike Light -w- 6 hour burn time

\*Rear Mounted, Red Flashing Bike Light

## **Climbing if necessary**

Rappelling Harness, ATC, (No Figure 8s) Locking D carabineer