



# Mandatory Gear List

## Hike & Trek Races

ENTIRE RACE	<p><u>Mandatory Items - Per Racer</u></p> <ul style="list-style-type: none"> <li>• 1 whistle (separate from the one attached to your PFD)</li> <li>• minimum of 2L water capacity (remember that water will <u>not</u> be provided on the course)</li> <li>• spare fleece or polypro long-sleeved shirt (i.e. non-cotton) <u>stored in a watertight bag or pouch</u></li> </ul> <p><u>Mandatory Items - Per Team*</u>  <i>* note that solo racers must carry all team gear items as well as the individual items</i></p> <ul style="list-style-type: none"> <li>• 1 waterproof map pouch or dry bag</li> <li>• 1 fully-charged cellular phone (<b>NEW FOR 2010!</b>)  <i>(please note that cell phones with GPS functionality are not permitted)</i></li> <li>• 1 permanent marker</li> <li>• 1 pocket knife</li> <li>• 1 compass</li> <li>• 1 emergency blanket</li> <li>• waterproof matches</li> <li>• headlamp/bike light/flashlight (at least one of these)</li> <li>• medical kit containing a tensor bandage, 6 "band-aid" bandages, adhesive tape, 2 antiseptic wipes, antibiotic ointment, ibuprofen tablets, and 1 gauze pad</li> </ul> <p><i>(note that the souvenir first aid kit offered to the first 400 registered racers <u>does not</u> include all of these items)</i></p>
BIKE SECTIONS	<p><u>Mandatory Items - Per Racer</u></p> <ul style="list-style-type: none"> <li>• mountain bike</li> <li>• certified bike helmet</li> <li>• 1 spare bike tube</li> </ul> <p><u>Mandatory Items - Per Team*</u>  <i>* note that solo racers must carry all team gear items as well as the individual items</i></p> <ul style="list-style-type: none"> <li>• 1 tire pump</li> <li>• 2 tire levers</li> </ul>
PADDLE SECTIONS	<p><u>Mandatory Items - Per Racer</u></p> <ul style="list-style-type: none"> <li>• Coast Guard or Dept. of Transportation approved Personal Floation Device (PFD) <u>with whistle attached</u> (separate from the one listed above that is carried with you at all times)</li> </ul> <p><u>Mandatory Items - Per Team</u></p> <ul style="list-style-type: none"> <li>• 1 canoe per 2 people in a team (solos may paddle kayaks)</li> <li>• 2 paddles, 1 bailer (or pump), 1 throw line per canoe</li> <li>• 1 paddle, 1bailer (or pump), 1 throw line per kayak</li> </ul>

Note that canoes rented through Storm Racing **do** include paddles, throw lines and bailers.

Note that canoes rented through Storm Racing **do not** include PFD's.