

FULL TIME MANDATORY TEAM GEAR		
Quantity	Each team must have the following at all times	
1	Tracker	Provided by race officials.
	Map(s)	Provided by race officials.
1	Course instructions	Provided by race officials.
1	Plotting tool, 1:15k	12-hr only.
1	Waterproof map case	Ex: a gallon ziploc bag or a clear waterproof case.
1	Cell phone	See the race rules for allowed uses of cell phones.
1	Pen	Recommend one that will still work in wet conditions.
1	Lighter or waterproof matches	
1	Adventure Medical Kit Ultralight .5	Alternatively build a first aid kit with equivalent functionality. <a href="#">Link to Adventure Medical Kit.</a>
1	Headlamp	6-hr race only. Headlamps are mandatory for all racers in the 12-hr race.
1	Knife	Minimum 2" blade.
1	Compass	Recommend a back-up compass also.
FULL TIME MANDATORY INDIVIDUAL GEAR		
Quantity	Each racer must have the following at all times	
1	Race number	Provided by race officials.
1	Whistle	
1	Space blanket	
1	Hydration system	Bladders, bottles, or a combination.
1	Waterproof jacket with hood	Must have sealed or taped seams. Ultra-light, water-resistant 3 oz. jackets and ponchos will NOT satisfy this requirement.
1	Insulating long-sleeve top	Synthetic, wool, fleece, etc..
1	Insulating hat	Synthetic, wool, fleece, etc..
1	Headlamp	12-hr race only.
	Epi-pens	Required for individuals with an epi-pen prescription.
MANDATORY TEAM BIKING GEAR		
Quantity	Each team must have the following while biking	
2	Tire irons/tools	12-hr only.
1	Bike tire inflation tool	12-hr only. At least 2 CO2 cartridges and inflator, or 1 pump.
1	Patch kit	12-hr only. At least 2 patches.
1	Bike multi-tool	12-hr only.
MANDATORY INDIVIDUAL BIKING GEAR		
Quantity	Each racer must have the following while biking	
1	Mountain bike	No cyclocross, road bikes, e-bikes, or tandems. Minimum 2" tires, except for kids bikes.
1	CPSC Certified Bike helmet	

1	Flashing red rear light	Must be mounted on the bike (not on a pack). Must be illuminated at all times while riding on roads with vehicular traffic, and have batteries for the race duration.
1	Race number	Provided by race officials.
1	Spare tube	12-hr only. Required even with tubeless tires.
1	Front lighting system	12-hr only. Must be mounted on handlebars and illuminated after sunset.

#### MANDATORY TEAM PADDLING GEAR

Quantity	Each team must have the following while paddling
	Kayaks or Canoe Bring your own boat, or rent from our outfitter. Teams may be in single or multiple boats.

#### MANDATORY INDIVIDUAL PADDLING GEAR

Quantity	Each racer must have the following while paddling
1	PFD PFDs must be Coast Guard Type I, II or III, no inflatables. If renting a boat from our outfitter, the PDF will be provided.
1	Paddle If renting a boat from our outfitter, the rental paddles will be kayak paddles. No penalty will be given for a missing paddle.