

Mandatory Gear

FULL-TIME - For your safety, the following items **must be carried between team members** at all times during the race. A 20 minute time penalty will be added to your total race time for each missed item. Random gear checks will occur during the race.

FULL TIME

- Compasses (1 per team)
- Cell Phone (fully charged) (Sealed at gear check)
- First Aid Kit (contents at end of list)
- Whistle
- Identification
- Race map and Instructions (supplied)
- Race bib (supplied)
- Emergency Phone # list (supplied)

TRANSITION

- 1 gear bins or bags (maximum 180L capacity each, maximum 75 lbs each)
- Food donation for the Food bank

PADDLING SECTION only

- Canoe (supplied)
- Bailer (supplied)
- Life jacket, CSA approved (supplied)
- Paddles (supplied)
- Throw bag (supplied)

MOUNTAIN BIKE SECTION only

- 1 tire pump
- 1 tire tube patch kit
- 1 set of bike tools (Allen keys, tire levers and chain tool)
- 1 spare tube per team member
- 1 bike per team member
- 1 bell or horn per team member
- 1 bike helmet per team member

*FIRST AID KIT – Full Time

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|---|--|
| <input type="checkbox"/> Adhesive Tape (1 roll) | <input type="checkbox"/> 2 Triangular Bandages |
| <input type="checkbox"/> Antibacterial Towelettes (6) | <input type="checkbox"/> Antihistamine tablets (6) |
| <input type="checkbox"/> Scissors (1) | <input type="checkbox"/> CPR Mask |
| <input type="checkbox"/> 4"x5' gauze roll | <input type="checkbox"/> Abdominal pad (5"x7") |
| | <input type="checkbox"/> Tensor bandage (4"x5') |