

## 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
- 2 Ziploc bags
- Duct tape

### ROPES SECTION only

- 1 approved climbing harness
- 2 locking carabiners
- Rappelling device (ATC preferred); no improvised systems
- Full finger gloves preferably with leather palm (bike gloves acceptable)
- Climbing helmet (mountain bike is acceptable)
- Prussik loop

### 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

- |   |  |
|---|--|
| <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')    |

May 4, 2010 Changes

- Added Ziploc bags and duct tape