



2004 MANDATORY GEAR LIST

INDIVIDUAL GEAR:

ENTIRE RACE:

1. Race Jersey (**provided**) – outer layer
2. Top & Bottom synthetic layer of clothing (eg. Polypropylene, Polyester)
3. Waterproof breathable jacket* (eg. synthetic jacket with taped seams)
4. Emergency blanket (eg. silver survival blanket)
5. Hat & Gloves/Mittens
6. Whistle (attached to outside of pack)
7. Container (eg. bottles or bladder) for at least 1 Litre of drinking water

CROSS-COUNTRY SKIING SECTION(S) ONLY:

1. Cross-Country Skis
2. Poles

MOUNTAIN BIKING SECTION(S) ONLY:

1. Mountain bike
2. Certified Mtn. Bike helmet
3. Spare inner tube

SNOWSHOEING SECTION(S) ONLY:

1. Snowshoes

SUGGESTED INDIVIDUAL GEAR (NOT MANDATORY):

Extra clothes for warmth, energy food, sturdy footwear.

**Waterproof breathable jacket will be mandatory gear if weather forecast suggests inclement conditions. An email will be sent to ALL registered competitors three days before raceday as to our final decision. This is to ensure your safety on the racecourse.*

TEAM GEAR:

ENTIRE RACE:

1. Maps (**provided**)
2. Passport (**provided**)
3. Compass
4. Map Bag (waterproof suggested)
5. Lighter and/or Matches
6. Knife (eg. pocket knife)
7. One headlamp or flashlight
8. FSR radio and 2 (two) extra batteries

FIRST AID KIT:

- 1 Tensor Bandage (min. 6cm x 100cm)
- 4 Antihistamine Tablets (*can be used to prevent cold-induced breathing problems*)
- 4 Anti-inflammatory Tablets
- 1 Gauze Roll (min. 6cm x 100cm)
- 10mL Antibiotic Ointment
- 4 Skin Closure Bandages (eg. Regular 'Band-Aids' are accepted)
- Tweezers

MOUNTAIN BIKING SECTION(S) ONLY:

1. Allen Key Set
2. Tire Pump

TOBOGGANING SECTION(S) ONLY:

1. One (1) Toboggan

TRANSITION AREA ONLY:

1. One (1) large bag suitable for teams' Snowshoes
2. One (1) large bag suitable for teams' X-Country Skis

SUGGESTED (NOT MANDATORY)

1. Chain Breaking Tool
2. Inner Tube Patch Kit
3. Tire Levers

GEAR TRANSFER EXPLANATION:

- Team Number will be **CLEARLY** labeled on each bag at gear check once you've been assigned your team number (eg. Team 5). Please prepare your bags to be labeled with a marker (eg. large tags, duct tape) so FAR staff can **CLEARLY** identify them on the racecourse.
- The appropriate bag will be brought to you at the beginning of each section on the racecourse (eg. at each Transition Area).
- You can put additional items in these bags (eg. extra clothes, food, medical supplies) to help you and your team during the race – no banned gear of course (eg. outside maps) as per the Salomon Adventure Challenge Rules & Regulations.