



MANDATORY GEAR LIST 2004

Please note, the mandatory gear list includes the minimum requirements for safe travel. Teams are free to bring any additional items they feel necessary provided they are not on the list of forbidden equipment.

This gear list is subject to change. As we move closer to the time of the event and the expected conditions for the event become more evident, it may be necessary to adjust what is required for safe travel. In the event of any changes to the gear list we will inform all team captains via email.

MANDATORY GEAR

a) Full Time Mandatory Gear (to be carried at all times during the race)

Personal (per person)

| ITEM | QUANTITY |
|--|----------|
| Flashlight or headlamp | 1 |
| Emergency blanket | 1 |
| Whistle* | 1 |
| Knife with fixed or locking blade | 1 |
| Synthetic hat for warmth (not baseball cap) | 1 |
| Minimum 2L of water capacity | 1 |
| Race jersey to be worn at all times (provided) | 1 |
| Long sleeve synthetic shirt | 1 |
| Long pants (or tights) | 1 |
| Weatherproof jacket (taped seams)** | 1 |

* Whistle must be accessible at all times, i.e. attached to the outside of your pack or pfd.

** Mandatory for Vernon BC race ONLY.

Team (per team)

| ITEM | QUANTITY |
|------------------------------------|----------|
| Compass | 2 |
| Red distress flares (launching) | 2 |
| Survival mirror | 1 |
| First aid kit (as described below) | 1 |
| Emergency radio (provided) | 1 |
| Shovel for burying human waste | 1 |
| Lighter or waterproof matches | 1 |

| | |
|---------------------------------|-------|
| Maps 1:50,000 topo's (provided) | 1 set |
| Dry bag (for emergency radio) | 1 |
| Altimeter* | 1 |

*Mandatory for Vernon BC race ONLY

b) Canoeing/Kayaking (to be carried at all times during any paddling sections)

Personal (per person)

| ITEM | QUANTITY |
|--|----------|
| Coast guard approved life jacket (Type III or better)* | 1 |

Team (per team)

| ITEM | QUANTITY |
|--|----------|
| Canoes (provided) | 2 |
| Paddles (provided – personal paddles optional) | 4 |
| Waterproof flashlight** | 2 |
| Dry bag for maps | 1 |
| 15 meter buoyant heaving line*** | 2 |

*Life jacket must have a legible certification sticker from the Canadian Coast Guard, U.S. Coast Guard or the Department of Transport Canada (DOT).

**Can be same as that required for your Full Time Mandatory Gear.

***This item is a safety requirement made by the Canadian Coastguard. Although many of you will be using throw bags, it is ok to use any type of rope, floating or not, so long as it has a floating end (e.g. a bobble attached to the end of the rope)

c) Mountain Biking (to be carried at all times during mountain biking sections)

Personal (per person)

| ITEM | QUANTITY |
|---------------------------------|----------|
| Approved mountain bike * | 1 |
| Front mounted light or headlamp | 1 |
| Rear mounted light (red) | 1 |
| Certified safety helmet | 1 |

*All bikes will be inspected at registration to ensure they are in good repair and recently tuned with reasonably new brake pads. All bikes must be approved by a race official to be used during the race.

Team (per team)

| ITEM | QUANTITY |
|-------------------|----------|
| Tire pump | 1 |
| Spare tube | 2 |
| Tire levers | 1 |
| Allen key set | 1 |
| Chain repair tool | 1 |

d) Ropes (to be carried at all times during ropes sections)

Personal (per person)

| ITEM | QUANTITY |
|--|----------|
| Approved climbing harness | 1 |
| Helmet (mtn. bike helmet acceptable) | 1 |
| Pair of full leather gloves* | 1 |
| Locking carabiners | 2 |
| Prussik (or other friction knot) minimum 115cm length** | 1 |
| Rappel device*** | 1 |

* Mountain bike gloves are not acceptable

** Prussik is made of minimum 115cm length of 7mm or 8mm cord tied in a loop with a double barrel knot (double fisherman), to be used either above or below rappel device with the tails being a minimum of 4cm long. Please ensure that the cord used is designed for climbing. We will only accept 7mm or 8mm cord. (If there is any doubt about the diameter we will require a new cord).

*** Acceptable rappel devices include: ATC, Bug, Variable Controller, Air Brake, Stitch Plate, and other devices similar to these designs. Figure Eights and any other rope twisting devices are not acceptable.

NOTE: Rappel Devices and Prussik are only needed for races with a rappel ropes section.

e) Mandatory Equipment for Support Crew

| ITEM | QUANTITY |
|------------------------------------|----------|
| Waterproof tent | 1 |
| First aid kit (as described below) | 1 |
| 100mL of sunscreen | 1 |
| Insect repellent | 1 |
| Shovel for burying human waste | 1 |

f) First Aid

Team (per team)

| ITEM | QUANTITY |
|--|------------------|
| Water purification system/tablets | for 50L of water |
| Closure bandages | 6 |
| Adhesive tape | 1 roll |
| 5" X 5" moleskin | 1 |
| Tweezers | 1 |
| Antibiotic ointment | 1 tube |
| Antibacterial towelettes | 5 |
| Scissors | 1 |
| 2" X 5' gauze roll | 1 |
| Antihistamine tablets | 12 |
| Anti-inflammatory tablets | 20 |
| Oral rehydration salts (e.g. Gastrolyte) | 4 |
| (3" X 5') tensor bandage | 2 |

Support Crew

| <i>ITEM</i> | QUANTITY |
|--|------------------|
| Water purification system/tablets | for 50L of water |
| Closure (butterfly) bandages | 4 |
| Adhesive tape | 1 roll |
| 5" X 5" moleskin | 2 |
| Antibiotic ointment | 1 tube |
| Antibacterial towelettes | 5 |
| 2" X 5' gauze roll | 2 |
| Antihistamine tablets | 6 |
| Anti-inflammatory tablets | 20 |
| Oral rehydration salts (e.g. Gastrolyte) | 4 |
| (3" X 5') tensor bandage | 2 |