

NATIONALS GEAR LIST

Gear marked with an "X" is mandatory for this leg of the race.

Mandatory Personal Gear (each racer)	Bike	Trek	Kayak	Riverboard	Ropes
Hydration System 100oz (3L)	X	X			X
Emergency Space Blanket	X	X	X	X	X
Bike Helmet (Bike Helmet Permitted for Ropes Section*)	X	X	X*	X	X*
Mountain Bike	X				
White Front Bike Light (Required at night)	X				
Rear blinking bike light (Required at night)	X				
Life Vest - Coast Guard Approved Type III			X	X	
Kayak Paddle			X		
Climbing Harness					X
Rappel Device (ATC or Figure 8 Only)					X
3 locking carabiners					X
2 Slings 2' or 3' in length or Daisy Chains					X
Headlamp (Required at Night)	X	X			X
Riverboard/Bodyboard/Inner Tube or Similar				X	
Wetsuit: Long Leg/ Sleeveless Arm Minimum			X	X	
Mandatory Team Gear (1 per team)					
\$10 Cash Per Team Member (minimum)	X				
Compass	X	X			X
Fully Charged Cell Phone in Water Proof Container	X	X			X
Survival Mirror	X	X			X
Whistle	X	X	X	X	X
Lighter	X	X			X
Water (No water is available at the TA's, pack your own)	X	X			X
Checkpoint Tracker Provided Maps & UTM Grid	X	X			X
Checkpoint Tracker Provided Guide Book / Passport	X	X			X

Strongly Recommended Gear

Backpack for your gear :)
 First Aid Kit
 Bike Tire Pump
 Knife/Multi-tool
 Spare Tubes / Patch Kit / Bike tools
 Gloves for bike and ropes
 Long Sleeve Polypro or Fleece
 Rain gear and layering clothes (tops and pants)
 Dry bag for your maps and gear
 Riverboarding items: Fins, booties, gloves, knee pads
 Food, water, gels, electrolytes etc

Recommended First Aid Kit Items

Electrolyte replacement tabs (10)
 Pain killer - Ibuprofen, Advil, etc.. (10)
 Benadryl (10)
 Antacid tablets (8)
 Moleskin or blister treatment (5)
 Antibiotic ointment packets (4)
 4x4 Gauze pads (8)
 1 inch waterproof adhesive tape - 3 feet (1)
 Needle (1)
 Scissors (1)
 Epinephrine - If known ANAPHYLACTIC team member

*** Moab in October could mean 90+ degrees, Rain or Snow. Come prepared!**

Logistical Information:

Kayaking Section: Teams will **NOT** have to carry kayak gear (paddles and life vests) on other sections of the course.

Riverboarding (Updated): We have changed the logistics for the riverboarding section. Teams will **NOT** have to carry the riverboard on the kayak leg of the race, or any other section of the course. **Additionally, teams can run this section instead, for a 2.5 hour penalty.**

***Helmet** - A helmet is required on every leg of this race. We will allow a bike helmet for the ropes course. You are free to bring a climbing helmet on this section if you want to bring an additional helmet. Logistically, you will need your bike helmet on the kayak leg of the race, but you are not required to wear it.

Running Shoes: You will not need two pairs of running shoes, unless you plan on wearing your running shoes on the riverboarding or kayaking section and want a dry pair later.

Adventure Racing is not without risk. We limit the required mandatory gear to minimize the expense to teams. Teams must know their abilities and limits and come prepared for all potential weather conditions. We strongly recommend having all recommended gear and any other items your teams feels necessary on each leg of the race to safely finish the event.