

EQUIPMENT

The following lists of equipment are minimum requirements for the 24 hrs. of Costa Rica Adventure Race. Each team must store all their equipment in 2 lockable plastic cases (70 gallons each) or 4 cases (35 gallons each). Bike cases are not required during the race and should be left at your hotel.

| | | Personal Gear | Team Gear | First Aid Gear |
|------------------|------------------------|---|--|--|
| MANDATORY | During the entire Race | <p>Required:</p> <ol style="list-style-type: none"> 1. Headlamp 2. Extra Batteries (1 set) 3. Knife (fixed or locking blade) 4. Whistle 5. Rope/Webbing (4m x 6mm) 6. Glow stick (x2) 7. Space Blanket 8. Passport or ID (Copy) <p>Note: All team members must carry all required gear at all times during the race. A random gear check may occur at any moment during the race.</p> | <p>Required:</p> <ol style="list-style-type: none"> 1. Race Passport 2. Race Maps 3. Race Instructions 4. Light source of either penlight or headlamp (in addition to each team members personal light) 5. Strobe Light 6. Water filtration or purification capability (per team) 8. Waterproof Map Case 9. Writing Utensil 10. Compass (2 per team) 11. Duct tape (4' minimum) 12. Camera (disposable or digital with flash) | <p>Required:</p> <ul style="list-style-type: none"> • ¾" X 4' medical tape • Alcohol Swab (4) • ¾" Adhesive Bandages (4) • Mole Skin (3" X 3" min.) • Antibiotic Ointment packet (2) • Oral Pain Reliever (4 adult doses) • Electrolyte Replacement Tablets or powder • 2 pair of medical gloves • 2 trauma bandages • Steri-strips or butterfly closures (x6 minimum) • Ace bandage |
| | MTB | <p>Required:</p> <ol style="list-style-type: none"> 1. Mountain Bike 2. Certified Helmet 3. Red Taillight (strobe) | <p>Required:</p> <ol style="list-style-type: none"> 1. Two Spare Inner tubes 2. Pump or inflation device 3. Patch Kit 4. Tools (Allen wrenches, small pliers, chain cutter and a multi-tool are recommended) | |
| | Kaya | <p>Note: 2 person sea kayaks, PFDs, and paddles will be supplied by CtoC (teams may use their own PFDs and paddles)</p> | | |
| | Ropes | <p>Required:</p> <ol style="list-style-type: none"> 1. Climbing Harness 2. 2 Locking Carabineers 3. Rappel Device (ATC or 8) 4. Two slings (18 inches or 60 cm) must be stitched 5. 7 mm prussik sling (18 inches or 60 cm long) | <p>Note: any other necessary equipment will be supplied by CtoC</p> | |

NOTE: All of the gear mark required will be subject to a random check at any point during the race. Teams found without the proper gear face a time penalty or disqualification.