

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