



Mandatory Gear List

Sprint AR (4-10HR)

Sponsors



Required at All Times

Individual

- **30-60 oz.of hydration capacity** - Bottles, hydration bladder, etc
- **Emergency/space/mylar blanket** – Full size, metallic style, \$2-\$3 each at big box stores, outdoor/camping store or online.
- **Whistle**
- **Water-resistant jacket** - If the forecast calls for good weather, we will drop this requirement in advance of the race.

Team (solo, 2 person, 3-4 person)

- **Mobile phone** - Fully charged, powered off and sealed in waterproof or double-ziplocked bag
- **4 x 25 mg Benadryl/ diphenhydramine**
- **Sharpie/marker**
- **Waterproof protection for maps** - Zip lock bag, map case, contact paper
- **Compass** - Must be base plate or sighting type
- **RoadID bib number** - Provided at race check-in. Must be visible at all times by race staff.
- **Enthusiasm**

Required on A Bike Leg

Individual

- **Bicycle** - Mountain, cyclocross, hybrid (knobby tires and front suspension highly recommended)
- **Bicycle helmet** - CPSC, ANSI, or SNELL Certified

Required on A Paddling Leg

Individual

- **Type III PFD** - bring your own or if you selected to rent during registration they will be provided.

Team

- **Canoe or Kayak** - Bring your own or rent one per team during registration. We recommend teams of four doing two canoes or one canoe and a single kayak.
- **Paddles** - Bring your own or if you selected to rent during registration they will be provided.

Recommend Gear

- RoadID
- 2" blade or knife
- FOOD
- Trail running shoes
- Pants, orienteering pants, brush resistant pants, tights, other leg coverings - Briars and ticks may be present.
- Wicking long pants, tights, long-sleeved shirt (weather-dependent)
- Synthetic, wicking t-shirt
- First aid kit (gauze pads, band-aids, medical tape, etc.)
 - 1 Ace bandage
 - 2 safety pins
 - 6 1X3" adhesive bandages (Band-Aids)
 - 1 roll 1" waterproof medical tape
 - 4 gauze bandages (3X3 or 4X4)
- \$5-10 cash for emergency purchases
- Outdoor/athletic socks
- Food (energy gel, bars, etc.)
- Spare tires
- Tire pump and/or CO2 cartridges
- Chain repair tool
- Tire levers
- Allen key set
- Hat
- Sunglasses/eye protection
- Sunblock
- Bug spray
- Zip ties, duct tape
- Bike shorts
- Bike gloves

Prohibited Gear

- GPS may be carried to track route for learning purpose after the race. We do not require you to seal those devices. However, units must be kept out of sight at all times. Do not cheat by using a GPS to navigate. Any such device found being used to cheat will be confiscated for inspection and your team disqualified.
- Motorized anything