

2007 Michigan EXPEDITION MANDATORY GEAR LIST

The following list is current as of 1/15/07. This list applies to the 2007 Michigan Expedition (MIX) Adventure Race. The following 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. Check for updates and changes to the gear list prior to the race.

Full Time Mandatory Gear (to be carried at all times during the race) Personal (per person)

ITEM	QTY
Hydration system 60 oz. minimum	1
Whistle	1
Compass	1
Knife w/ fixed or locking blade (min 2" blade; max 6" blade)	1
Emergency blanket	1
Long pants (or tights)	1
Long sleeve synthetic shirt	1
Waterproof jacket	1
Headlamp or flashlight w/ extra batteries	1
Emergency chemical light sticks (4" min length)*	2
Race Bib (provided - to be wore as outermost layer)	1

*One to be attached to racer while on water during hours of darkness.

Team (per team)

ITEM	QTY
Waterproof map case	1
First Aid Kit (as described below)	1
Team Cell Phone (sealed and off)	1
Dry bag (for cell phone)	1
Waterproof Lighter (standard lighter in a ziplock will suffice)	1
Launching Red Distress Flares	2
Fire Starter Sticks (4" min length)	2

First Aid Kit - Contents to include the following as a minimum

ITEM	QTY
3"x3" gauze pads	3
Roll of medical tape (10 ft min length, 1/2 inch min width)	1
Antibacterial ointment or cream	1 oz
3" Tensor Bandage (4 ft min length - Example Ace Bandage)	2
Painkiller tablets (Acetaminophen, aspirin - Example Tylenol)	12
Anti-inflammatory tablets (Ibuprofen - Example Motrin)	12
Anti-histamine tablets (Example Benadryl)	8

Sunscreen (15 SPF min.)	4 oz
Scissors	1
Moleskin (4"x3" min)	2
Water purification method (tablets or filter)	for 50 L
Closure bandages (Band-aids)	6
Oral Rehydration Tablets (Example - Endurolytes)	10
Tweezers	1

Canoeing (to be carried during all canoeing sections)

Personal (per person)

ITEM	QTY
Life jacket (Coast guard type III or better - no inflatables)	1
Paddle (Kayak or Canoe style)	1

Team (per team)

ITEM	QTY
Canoes (provided)	2
Waterproof flashlight	2
Strobe Light (headlamp/strobe combos NOT acceptable)	2
Emergency chemical light sticks (4" min length)*	4
Throw bag (30 ft min length)	2

*To be activated and attached at the bow and stern of each canoe during darkness.

Kayaking (to be carried during all kayaking sections)

Personal (per person)

ITEM	QTY
Life jacket (Coast guard type III or better - no inflatables)	1
Paddle	1
Spray Skirt (provided)	1

Team (per team)

ITEM	QTY
Kayak (provided)	2
Waterproof flashlight	2
Strobe Light (headlamp/strobe combos NOT acceptable)	2
Emergency chemical light sticks (4" min length)*	8
Throw bag (30 ft min length)	2
Bilge Pump	1

*To be activated and attached at the bow and stern of each kayak during darkness.

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

Personal (per person)

ITEM	QTY
Approved mountain bike*	1
Certified safety helmet	1
Front mounted light or headlamp	1
Rear mounted light (red blinking)	1
Spare tube	1

*All bikes may 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. Cyclocross, road or tandem bikes will not be allowed.

Team (per team)

ITEM	QTY
Allen key set	1
Set of Tire levers or quick stick	1
Chain repair tool	1
Tire pump (at least one must not use CO2 cartridge)	2

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

Personal (per person)

ITEM	QTY
Helmet (mtn bike helmet acceptable)	1
Leather palm gloves (fingerless bike gloves acceptable)	1
Factory Sewn Climbing Harness	1
Sewn Slings or Daisy Chains (24" min)	1
Locking Carabiners	2
ATC Rappel Device (ATCs only, No Figure 8s!)	1
Prussik, (for rappelling, 115cm untied length, 6-7mm diameter)	1

Transition Area Gear (1 Complete Set)

Per Team

ITEM	QTY
Tent capable of holding all 4 team members	1
Sleeping Bag	4
Insect Repellent	8oz
First Aid Kit as described below	1
Fire Starter Sticks (4" min length)	6
Emergency Chemical Light Sticks (4" min length)	12

First Aid Kit - Contents to include the following as a minimum and used to replenish team's first aid kit at transition areas

ITEM	QTY
3"x3" gauze pads	3
Roll of medical tape (10 ft min length, 1/2 in min width)	1
Antibacterial ointment or cream	2 oz
3" Tensor Bandage (4 ft min length - Example Ace Bandage)	1
Painkiller tablets (Acetaminophen, aspirin - Example Tylenol)	12
Anti-inflammatory tablets (Ibuprofen - Example Motrin)	12
Anti-histamine tablets (Example Benadryl)	8
Sunscreen (15 SPF min.)	4 oz
Oral Rehydration Tablets (Example - Endurolytes)	10
Moleskin (4"x3" min)	2
Water purification method (tablets or filter)	for 50 L
Closure bandages (Band-aids)	10

Notice: Gear checks can and will be done by race officials at anytime during the race. A complete safety gear check will be done before the race.