

2010 ADVENTURE RAGE MANDATORY GEAR LIST

The following list is current as of 2/6/10. This list applies to the 2010 Adventure Rage 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

*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 (charged, sealed and powered off)	1
Dry bag (for cell phone)	1
Waterproof Lighter (standard lighter in a ziplock will suffice)	1

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)	1
Painkiller tablets (Acetaminophen, aspirin - Example Tylenol)	8
Anti-inflammatory tablets (Ibuprofen - Example Motrin)	8
Anti-histamine tablets (Example Benadryl)	8
Sunscreen (15 SPF min.)	1oz
Scissors	1
Moleskin (4"x3" min)	2
Water purification method (tablets or filter)	for 50 L
Closure bandages (Example - Band-aids)	6
Oral Rehydration Tablets (Example - Endurolytes)	8

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)	1 or 2*
Waterproof flashlight	1 or 2*
Strobe Light (headlamp/strobe combos OK)	1 or 2*
Emergency chemical light sticks (4" min length)**	2 or 4*

* First qty for 2 person teams and solos, second qty for 4 person teams.

Solos will use kayaks. 1 canoe for 2 person teams; 2 canoes for 4 person teams.

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

Mountain Biking (to be carried during all mountain biking sections)**Personal (per person)**

ITEM	QTY
Bike	1
Certified safety helmet	1
Front mounted light or headlamp	1
Rear mounted light (red blinking)	1
Spare tube	1

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 be 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)	2
Locking Carabiners	2

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