



## Gear List

IN ORDER TO ENSURE SAFETY AND COVER ANY NUMBER OF EMERGENCIES, THE FOLLOWING ITEMS ARE REQUIRED AND SHOULD BE WITH YOU OR READILY AVAILABLE.

ALL INDIVIDUALS NEED EVERYTHING ON BOTH LIST A AND LIST B.

IF RACING TOGETHER AS A TEAM, EACH TEAM NEEDS ALL ITEMS ON LIST A BUT ALL TEAM MEMBERS MUST HAVE ALL ITEMS ON LIST B.

LIST A: Mandatory for each team (can be divvied up between members)

- matches
- garbage bag
- solar/emergency blanket
- mirror
- 2 feet silver duct tape
- pen
- pencil
- route map in Ziploc bag
- toilet paper
- flashlight or headlamp

List B:

- helmet
- extra bike tube

- multi-purpose bike tool
- hydration pack with 2L capacity
- hat
- sunglasses
- shell
- longsleeved polypro shirt or like (extra, not on you)
- pocket knife
- whistle
- Rubber maid container for your gear at the transition
- 1 bike pump
- a first aid kit (band-aids, anti-bacterial cream, bandages, medical tape, mole skin)

All kayaks, lifejackets and paddling equipment on event day is supplied and paid for by the event organizers and Deep Cove Canoe and Kayak.

While there will be numerous checkpoints and first aid stations throughout the course, there is no substitute for preparation. This is the wilderness and your safety is paramount.

In addition to the above safety gear, it is highly recommended that you eat at every transition, so have food with you at the transition area. You may also wish to carry gels, power bars, etc. on you during each leg of the event. There will be water at the transition to refill your hydro paks.

Organization of your gear is very important and you will be able to lay it out in the transition area for efficient transfer