



## MANDATORY GEAR LIST

The following is a list of the mandatory equipment for participation in this race. The items on the list are considered the absolute bare minimum required for safe travel. If you have any questions about any items on the list please ask them ASAP.

Each team is required to show all items on this gear list at registration on Friday before the race. If you do not have all of the items as described here you will not be allowed to race. **No exceptions. We will not be flexible at registration and none of these items are open for interpretation.** Remember, this is for your safety!

Teams are free to bring any additional items they feel necessary provided they are not on the list of forbidden equipment.

Please note the gear list is subject to change. As we move closer to the time of the event and the expected conditions for the event become more evident it may be necessary to adjust what is required for safe travel. In the event of any changes to the gear list we will inform all team captains via email.

Thanks, and happy adventuring!

Geoff Langford  
Race Director  
Atmosphere Raid the North Extreme

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**Full Time Mandatory Equipment (to be carried at all times during the race)**

**Personal (per person)**

ITEM	QUANTITY
<i>race jersey to be worn as outer layer at all times (provided)</i>	1
emergency blanket	1
flashlight or headlamp (water resistant)	1
hat for warmth (not baseball cap)	1
pair of full-finger gloves for warmth	1
knife with fixed or locking blade	1
long sleeve synthetic shirt	1
long pants (or tights)	1
minimum 2L water capacity	1
whistle (affixed to front exterior of pack, or pfd while paddling)	1
windproof and waterproof jacket (taped seams or equivalent)	1

**Team (per team)**

ITEM	QUANTITY
<i>emergency radio (provided)</i>	1
<i>SPOT GPS Messenger tracking unit (provided)</i>	1
<i>maps 1:50,000 topos (provided)</i>	1 set
AAA Lithium batteries <b>(NEW)</b>	9
compass (northern hemisphere)	2
survival mirror	1
first aid kit (as described below)	1
lighter or waterproof matches	2
dry bag (for emergency radio)	1

**Mandatory Transition Equipment**

**To be kept in Gear Boxes for use in Transition Areas or for restocking**

ITEM	QUANTITY
gear box or bag (max 190L each )*	maximum 5
remote drop team bag**	1
waterproof tent(s) suitable for 4 people***	1
bungees, straps, or similar fasteners **** <b>(NEW)</b>	4
first aid kit (described below)	1
light sticks*****	16

\* Each team is allowed a maximum of five boxes or bags to pack all transition gear and food. Race staff cannot guarantee the condition of fragile items transported in soft shell gear bags. Homemade or wooden boxes are not acceptable.

\*\* This bag can be a hockey bag or similar for use in dropping or picking up your entire team's gear at the start or end of remote legs of the race.

\*\*\* You may bring one tent for four people, four bivy bags, or any other combination of shelters, for use the night before the race start **(NEW)**, and in transition only.

\*\*\*\* These fasteners will be used to secure your bikes in canoes. **(NEW)**

\*\*\*\*\* These light sticks are in addition to the mandatory quantity for paddling.

**Paddling (to be carried at all times during any water sections)****Personal (per person)**

ITEM	QUANTITY
<i>personal floatation device (PFD) (provided)*</i>	1

**Team (per team)**

ITEM	QUANTITY
<i>canoes (provided)*</i>	2
<i>canoe paddles (provided)*</i>	4
<i>throwbag (or buoyant heaving line min 15m) (provided)*</i>	2
waterproof flashlight or headlamp	2
light sticks (with zip ties or other means of attaching to canoes)	8

- \* Participants may bring their own paddles, throwbags, and/or PFDs. If participants choose to use their own PFD or life jacket, it must be Type III or better, and have a legible certification sticker from the Canadian Coast Guard, U.S. Coast Guard, Department of Transport Canada (DOT), or similar from another country with a minimum buoyancy of 15.5 lbs. Inflatable floatation devices will not be accepted. If participants bring their own paddles, they must break down or otherwise fit securely into one of the team's gear bins or bags.

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

ITEM	QUANTITY
approved mountain bike*	1
rear mounted flashing light (red)	1
certified safety helmet	1
spare tube	1

- \* All bikes will be inspected at registration to ensure they are in good repair and recently tuned with reasonably new brakes, and must be approved to be used during the race. Inspections and approvals will be managed by our local bike shop partner.

**Team (per team)**

ITEM	QUANTITY
repair kit (including pump, tire levers, allen keys, and chain tool)	1

**Ropes (to be carried at all times during sections with ropes features)****Personal (per person)**

ITEM	QUANTITY
approved climbing harness	1
helmet (bike or multipurpose helmet acceptable)	1
gloves (full finger, all leather)	1
locking carabiners (twist gate or screw gate)	3
descending device* (ATC, Air Brake, Variable Controller, Bug, Stitch Plate and other devices of similar design)	1
6 or 7mm prusik**	1

\* Figure 8's and Petzl stops will NOT be allowed.

\*\* Prusik length varies for use above or below the rappel device - minimum 115 cm length.

## First Aid

### Team (per team)

ITEM	QUANTITY
water purification system/tablets	for 50L of water
closure (butterfly) bandages	6
adhesive tape	1 roll
blister pads (min 5cm x 7cm) (e.g. 2nd Skin or moleskin)	8
tweezers	1
antibiotic ointment *	1 tube
antibacterial towelettes	10
scissors	1
gauze roll (min 5cm x 150cm)	1
antihistamine tablets *	12
anti-inflammatory tablets *	20
electrolyte replacements ** (e.g. Gastrolyte or nuun)	4
tensor/ace bandage (min 7.6cm x 150cm)	2

### Transition (per team)

ITEM	QUANTITY
blister pads (min 5cm x 7cm) (e.g. 2nd Skin or moleskin)	16
antihistamine tablets *	6
anti-inflammatory tablets *	20
electrolyte replacements ** (e.g. Gastrolyte or nuun)	4
tensor/ace bandage (min 7.6cm x 150cm)	2
chemical ice pack	2
chemical heat pack	2

The Transition First Aid kit is to be used to resupply team kits and contains additional items for use in transition.

\* The expiry date on these items must be current and clearly visible; keep packaging intact if necessary for registration – it will be checked.

\*\* The electrolyte replacements required are emergency use oral rehydration salts. Although any electrolyte replacement powder will suffice each dose must contain at least 95mg of sodium and 50mg of potassium (equivalent to one tablet of nuun, or one packet of Gastrolyte).