



MANDATORY GEAR LIST 2005

Please note: the 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.

MANDATORY GEAR - Competitors

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

Personal (per person)

ITEM	QUANTITY
Flashlight or headlamp	1
Emergency blanket	1
Whistle	1
Knife with fixed or locking blade	1
Synthetic hat for warmth (not baseball cap)	1
Minimum 2L of water capacity	1
Race jersey to be worn at all times (provided)	1
Long sleeve synthetic shirt	1
Long pants (or tights)	1
Weatherproof jacket (taped seams)*	1

* **Mandatory for Canadian AR Championship only.**

Team (per team)

ITEM	QUANTITY
Compass	2
Red distress flares (launching)	2
Survival mirror	1
First aid kit (as described below)	1
Emergency radio (provided)	1
Shovel for burying human waste	1
Lighter or waterproof matches	1
Maps 1:50,000 topo's (provided)	1 set
Dry bag (for emergency radio)	1
Altimeter*	1

* **Mandatory for mountain races only.**

Canoeing/Kayaking (to be carried at all times during any paddling sections)

Personal (per person)

ITEM	QUANTITY
Coast guard approved life jacket (Type III or better) *	1

Team (per team)

ITEM	QUANTITY
Canoes (provided)	2
Glowsticks **	16
Paddles (provided – personal paddles optional)	4
Waterproof flashlight or headlamp ***	2
Dry bag for maps	1
15 meter buoyant heaving line ****	2

*Life jacket must have a legible certification sticker from the Canadian Coast Guard, U.S. Coast Guard or the Department of Transport Canada (DOT).

**Glowsticks must be activated while paddling between dusk and dawn, attached to the back of each competitor, and the front and back of each canoe or kayak.

***Can be same as that required for your Full Time Mandatory Gear.

****This item is a safety requirement made by the Canadian Coastguard. Although many of you will be using throw bags, it is ok to use any type of rope, floating or not, so long as it has a floating end (e.g. a bobble attached to the end of the rope)

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

Personal (per person)

ITEM	QUANTITY
Approved mountain bike *	1
Front mounted light or headlamp	1
Rear mounted light (red)	1
Certified safety helmet	1

*All bikes will 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

Team (per team)

ITEM	QUANTITY
Tire pump	1
Spare tube	2
Tire levers	1
Allen key set	1
Chain repair tool	1

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

Personal (per person)

ITEM	QUANTITY
Approved climbing harness	1
Helmet (mtn bike helmet acceptable)	1
Pair of full leather gloves*	1
Locking carabiners	2
Prusik (or other friction knot) minimum 115cm length**	1
Rappel device***	1

* Mountain bike gloves are not acceptable

** Prusik is made of minimum 115cm length of 7mm or 8mm cord tied in a loop with a double barrel knot (double fisherman), to be used either above or below rappel device with the tails being a minimum of 4cm long. Please ensure that the cord used is designed for climbing. We will only accept 7mm - 8mm cord. (If there is any doubt about the diameter we will require a new cord)

*** Acceptable rappel devices include: ATC, Bug, Variable Controller, Air Brake, Stitch Plate and other devices similar to these designs. Figure Eights and any other rope twisting devices are not acceptable. Only needed for races with a rappel ropes section.

First Aid

Team (per team)

ITEM	QUANTITY
Water purification system/tablets	for 50L of water
Closure (butterfly) bandages	6
Adhesive tape	1 roll
5" X 5" moleskin	1
Tweezers	1
Antibiotic ointment	1 tube
Antibacterial towelettes	5
Scissors	1
2" X 5' gauze roll	1
Antihistamine tablets	12
Anti-inflammatory tablets	20
Oral rehydration salts (e.g. Gastrolyte)	4
(3" X 5') tensor bandage	2

* First Aid supplies will be checked for expiry dates at registration.

MANDATORY GEAR - Support Crew

Mandatory Equipment for Support Crew

ITEM	QUANTITY
Waterproof tent	1
100mL of sunscreen	1
Insect repellent	1
Shovel for burying human waste	1

First Aid for Support Crew*

ITEM	QUANTITY
Water purification system/tablets	for 50L of water
Closure (butterfly) bandages	4
Adhesive tape	1 roll
5" X 5" moleskin	2
Antibiotic ointment	1 tube
Antibacterial towelettes	5
2" X 5' gauze roll	2
Antihistamine tablets	6
Anti-inflammatory tablets	20
Oral rehydration salts (e.g. Gastrolyte)	4
(3" X 5') tensor bandage	2

*Support crew first aid supplies are to serve both the needs of the support crew, and to restock the mandatory first aid kit for the team during the race. Supplies will be checked for expiry dates.