

FRONTIER

adventure challenge

where adventure begins

MANDATORY GEAR LIST: Long Course

INDIVIDUAL GEAR:

ENTIRE RACE:

1. Race Jersey (**provided**) - must be worn as top layer at **ALL** times while on course
2. Hat (for sun protection/warmth)
3. Whistle (must be accessible – ie attached to your PFD or pack)
4. Min 2 Litre container for drinking water
5. Headlamp
6. Emergency Blanket

MOUNTAIN BIKING SECTION(S)

ONLY:

1. Mountain Bike
2. Certified Mtn. Bike helmet
3. Rear Red Mounted Flashing Light

SUGGESTED (NOT MANDATORY)

1. Chain Breaking Tool
2. Inner Tube Patch Kit
3. Tire Levers
4. Allen Key Set

PADDLING SECTION(S)

ONLY:

1. Paddle* (**provided**)
2. Life Jacket**

*Own paddle(s) must be CLEARLY labeled with Team Number and bound together or put in a bag.

**Life Jackets must be Department of Transport (DOT), CDN Coast Guard Approved or USA Type III (preferred) or Type I.

TEAM GEAR:

MOUNTAIN BIKING SECTION(S)

ONLY:

1. Tire Pump
2. Spare Inner Tube

PADDLING SECTION(S)

ONLY:

1. Canoe (**provided**)
2. Kayak* – solos only
3. Throw Bag **or** 15m length of rope with floatation device on one end

*Solos must bring their own watercraft – kayak, solo canoe, etc

ENTIRE RACE:

1. Maps (**provided**)
2. Passport (**provided**)
3. Compass
4. Map Bag (waterproof suggested)
5. Lighter and/or matches
6. Locking-blade knife
7. Headlamp or flashlight
8. 1 FRS Two-Way Radio
9. Spare batteries for FRS radio
10. 1 Long Sleeved Shirt
11. 1 Pair of Pants or Tights

First Aid Kit

- 1 Emergency (Survival) Blanket
- 1 Tensor Bandage (6cm x 5m)
- 3 Antihistamine Tablets
- 3 Anti-inflammatory Tablets
- 6 Skin Closure Bandages ('Band-Aids')
- 3 packages of liquid energy (eg. power gel, jello, honey)
- 1 roll adhesive tape (3cm x 5m)
- 1 pressure dressing or regular sized sanitary pad

TRANSITION AREA ONLY:

1. Two (2) Hockey-sized bags for gear transfer
 - You will be informed on raceday as to what gear goes in which bag – Frontier will transport the appropriate bag to each Transition Area.
 - Teams must prepare bags with provided bag tags following race briefing (eg. different colored tags for Bag 1 and Bag 2).
 - Both bags must be large enough to contain three life jackets.
 - Additional items are permitted (eg. see Recommended Gear List) to help you and your team during the race – no banned gear of course (eg. outside maps) as per the Frontier Adventure Challenge Rules & Regulations.



GEAR LIST INFORMATION & RECOMMENDATIONS

GEAR CHECK

During the Race - You will be faced with a Gear Check before leaving a predetermined TA on the racecourse. A selection of three to four items from the full Mandatory Gear List will be asked for and a penalty per any missing item will be levied (eg. time penalty or disqualification).

On-Site Registration

The only items checked before the race begins (prior to receiving your Frontier AC t-shirts) will be:

- 3 Life Jackets (DOT, CDN Coast Guard, USA Type III or higher)
- 1 Throw bag or 15m length of rope with floatation device on one end (eg. empty, air-tight bottle)
- 2 hockey-sized bags and (if applicable) personal paddle bag/method of binding paddles together
- 3 Whistles
- 3 Emergency Blankets
- 1 FRS Two-Way Radio (eg. Motorola Talkabout)
- Spare batteries for FRS Two-Way Radio
- 1 Long Sleeved Shirt & 1 Pair of Long Pants or Tights

RATIONALE FOR FRS TWO-WAY RADIO REQUIREMENT

In order to keep entry fees as low as possible while maintaining the wilderness aspect and stringent safety standards of the Frontier Adventure Challenge Series, we require all teams to have a working FRS Two-Way radio. We are not comfortable with including the off-trail portions of our races (eg. a significant number of participants continue to request more off-trail sections) without taking this necessary step in the name of safety. All key racecourse staff will have a working FRS Two-Way Radio should there be a need to contact them during the race.

GEAR RECOMMENDATIONS

The following is a list of items that are **NOT** mandatory for the race but are recommended for your comfort and performance. **Remember, you can put these items in your two gear bags for a 'just-in-case' situation.**

- Long pants/tights - *should be considered for any bushwhacking sections to protect legs*
- Wicking shirt (synthetic or wool - for moisture mgmt) - *keeps you dry in cold conditions and cool in hot conditions*
- Windproof/Waterproof breathable jacket
- Extra clothes for warmth
- Sturdy shoes
- Insect repellent
- Water purification system (eg Pristine) – *in case you run out of water between TA's*
- Food
- Gloves
- Hi-lighter, pens, and pencils (to mark course on map)
- Survival mirror
- Sunscreen
- Additional water carrying capacity if you feel that your team will be longer on the racecourse

<p>The Intrepid Map Board for bikes... designed and engineered by an adventure racer, and endorsed by Ian Adamson.</p>
