

# River Rats Adventure Racing



## Mandatory Gear:

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

### Personal (per person)

ITEM	QTY
Race Jersey (provided)	1
Whistle	1
Minimum 1 quart water capacity	1
Long sleeve synthetic shirt	1
Long pants or tights	1
Synthetic hat for warmth	1

### Team (per team)

ITEM	QTY
Maps (provided)	1 set
Passport (provided)	1
Compass	1
First Aid kit (as described below)	1
Lighter or waterproof matches	1
Cell phone (working) Nextel is marginal	1
Waterproof map case (Ziploc will work)	1
Emergency Blanket	1
Headlamp or Flashlight	1
Pocket Knife with locking blade	1

?? **Mountain Biking sections only:**

### Personal (per person)

ITEM	QTY
Mountain Bike	1
Flashing red taillight	1
Certified Mtn. Bike Helmet	1

**Team (per team)**

<b>ITEM</b>	<b>QTY</b>
Chain tool	1
Inner tube patch kit	1
Tire levers	1
Tire Pump	1
Spare Inner tube	1

?? **Paddling sections only:**

**Personal (per person)**

<b>ITEM</b>	<b>QTY</b>
Paddle* (provided)	1
Life Jacket**	1

\* Personal paddles can be used but may have to be carried during certain sections. If you are allowed to drop paddles at the end of canoeing section they need to be bound together and have your team number on them.

\*\* Life Jackets must be US Coast Guard approved Type III - V

**Team (per team)**

<b>ITEM</b>	<b>QTY</b>
Canoe (provided)	1

**Transition area only:**

**One (1) Hockey sized gear bag, large duffel or heavy-duty garbage bag. Bag should be capable of holding life jackets and paddles. All bags must have large tags or Duct tape on them to allow race officials to mark your team number on them at Race Check –In.**

**You will be informed at Race check in what gear can be placed in the bag and where it will be located during the race.**

?? **First Aid Kit requirements**

**Minimum Kit Contents (use your discretion at what to carry)**

<b>ITEM</b>	<b>QTY</b>
Ace Bandage	1
Ibuprofen	8
Band-Aids	8
Adhesive Tape (roll)	1
Moleskin (2"x3")	2
Gauze pads	2

?? **Extra Gear Recommendations**

**Recommended**

<b>ITEM</b>	<b>QTY</b>
Long pant/tights	
Synthetic long sleeve shirt	
Windproof/Waterproof jacket	
Extra clothes for warmth	
Insect Repellent	
Water Purification tablets or Filter	
Food	
Bike Gloves	
Ink pen/highlighter for maps	
Sunscreen	
Sunglasses	
Backpack	
Extra Compass	
Extra Shoes	