

# GRAAR ADVENTURE CHALLENGE GEAR LIST

## *Full Time Mandatory Individual Gear (carried by everyone at all times during the race)*

ITEM	QTY./per Person
Hydration System (48oz Minimum)	1
Compass	1
Whistle	1

## *Full Time Manatory Team Gear (carried by one team member at all times during the race)*

ITEM	QTY./per Team
Waterproof Map Case (large ziplock acceptable)	1
Survival Mirror	1
Team Cell Phone in Dry Bag (double ziplock acceptable)	1
Emergency Blanket	1
Lighter or Waterproof Matches	1
Fixed or Locking blade knife	1
First Aid Kit (see below for Minimum Contents)	1

## *Mountain Biking Mandatory Individual Gear (carried by everyone during all biking sections)*

ITEM	QTY./per Person
Approved Mountain Bike	1
Certified Safety Helmet	1
Spare Tube	1

## *Mountain Biking Mandatory Team Gear (carried by one team member during all biking sections)*

ITEM	QTY./per Team
Multi-Tool	1
Tire Pump	1
Chain Repair Tool	1
Tire Levers	1

## *Canoeing Mandatory Gear (carried during all paddling sections)*

ITEM	QTY.
Life Jacket (type III or better) PROVIDED	1 per person
Paddle (Canoe or Kayak style) PROVIDED	1 per person
Canoe PROVIDED	1 per Team

## *Minum First Aid Content (Must be in First Aid Kit)*

ITEM	QTY./per Team
antibiotic ointment	.5 oz
moleskin (3"x3")	1
3/4" or 1" Bandages	10
antihistamine tablets	5
pain reliever/fever reducer tablets (such as Tylenol, etc.)	10
Ace Bandage (or compression wrap)	1
Safety Pins	2

## *Forbidden Equipment (Teams will be disqualified if using)*

ITEM
G.P.S. (global positioning system)
Weapons
Outside Assistance
Any maps other than those distributed by GRAAR

## *Additional Suggested Gear*

ITEM	QTY.
Bike Gloves	Each
Food while Racing (power bars, trail mix, etc)	Enough for 6 hours
Trail Running Shoes	Each
Synthetic Clothing (not cotton)	Each
Sunscreen	1 oz.
Electrolyte Replecement Tablets	4 each