

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 Mandatory 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
Fixed or Locking blade knife (2 inch recommended)	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 (properly functioning)	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

Minimum 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 Replacement Tablets	4 each