



## Mandatory Gear

### **Mandatory Individual Gear** (to be carried at all times during the race)

Pack with hydration system (30 oz. minimum)  
Whistle  
Lighter  
Race Bib (provided by race staff)  
Space blanket/bag

### **Mandatory Team Gear** (to be carried at all times during the race)

Waterproof map case (zip-lock bag is acceptable)  
2 Compasses (1 liquid filled)  
Money (\$10, we recommend paper!)  
Team Maps, Passport and race directives (provided by race)  
Duct Tape  
Folding Knife  
Cell Phone  
Toy / Fake Lizard (must be visible at all times)

### **First Aid Kit Requirements:**

Electrolyte replacement tabs (5)	Tweezers (1)
Pain killer - Ibuprofen, Advil, etc. (5)	Antibiotic ointment packets (2)
Antihistamine tablets (4)	Scissors (1)
4x4 Gauze pads (4)	1 inch bandages (4)
Lip balm (1)	Sunscreen (1)
1-inch waterproof adhesive tape - 3 feet	Epinephrine - If known ANAPHYLACTIC team member
Moleskin or blister treatment (4)	
Needle (1)	

### **Individual Gear** (mountain bike legs)

Approved mountain bike (no tandem)  
Approved bike helmet Spare tube

### **Team Gear** (mountain bike legs)

(1) Tire pump, CO<sub>2</sub> cartridges may be carried in addition to pump  
(1) Multi-tool with chain repair tool  
Tube repair kit

\*\*\* When racing, competitors will often burn several THOUSAND calories in a 4-6 hour period. Be prepared to carry enough food and water to complete all sections. This is an area that many teams get into trouble in. When your body is running on this thin edge it is imperative to stay fueled and hydrated to avoid physical and emotional meltdown!

\*\*\* These are minimum requirements - teams may wish to carry additional gear for their own purposes. Please remember that it can snow in every month of the year in Michigan. Expect all types of weather; be prepared!