

Raid the Rock - Gear

Mandatory Gear List

(mandatory gear is not required for the 2-4 hour race unless denoted below)

Mandatory Gear (Each Member of the Team Must Carry the Following Items at All Times During the Race.):

- » Compass **(1 per team for 2-4 hour course)**
- » Whistle **(including 2-4 hour course)**
- » Knife (1.5 inch locking blade or longer)
- » Headlamp
- » Emergency Blanket **(including 2-4 hour course)**
- » Wool or Synthetic Warm Hat **(including 2-4 hour course)**
- » Synthetic Long Sleeve Underwear Top **(including 2-4 hour course)**
- » Synthetic Long Leg Underwear Bottom or Tights
- » Waterproof Jacket (taped seams, doesn't have to be breathable, but recommended)**(including 2-4 hour course)**
- » Water Bladder (at least 2 liters) **(including 2-4 hour course)**
- » Lighter or Waterproof Matches **(including 2-4 hour course)**
- » Glow Stick (1/person)
- » Race Map and Instructions (Provided) **(including 2-4 hour course)**
- » Race Number Bib (visible at all times, provided) **(including 2-4 hour course)**
- » Waterproof Pouch for Maps and Race Documents (1/team) **(including 2-4 hour course)**
- » UTM Reader with 1:24,000 scale (1/team)
- » Water Proof Pen (1/team) **(including 2-4 hour course)**
- » Duct Tape (optional, but recommended)
- » Gloves (optional, but recommended)

Mandatory Gear for Specific Legs

Paddling Section Only:

- » PFD's (provided) – Racers can use their own PFD's if desired, but be prepared to carry the PFD for additional portions of the race (Coast Guard Type III) **(including 2-4 hour course)**
- » Paddles (provided) – No personal paddles will be allowed to be used in the race **(including 2-4 hour course)**
- » Seat for Third Member in the Canoe (optional, but recommended)**(including 2-4 hour course)**

Mountain Bike Section Only:

- » ANSI Approved Bike Helmet **(including 2-4 hour course)**
- » Bike (No cross bikes or road bikes) **(including 2-4 hour course)**
- » White Front Light (8-12 hour course only)
- » Red Rear Light mounted on the bike **(including 2-4 hour course)**
- » Bike Multi Tool (1/team) **(including 2-4 hour course)**
- » Spare Tube **(including 2-4 hour course)**
- » Patch Kit (1/team) **(including 2-4 hour course)**
- » Tire Pump/CO2 Cartridge Inflator (1/team) **(including 2-4 hour course)**

Trekking Section Only:

- » Extra light source (1/team - 8-12 hour course only)

Ropes Section Only:

- » Locking Carabiners (2 per person)
- » Climbing Harness (per person)
- » Belay Device (per person)
- » Daisy chain webbing or arm-length sewn runners (2 per person)
- » Climbing Helmet (Provided)

First Aid Kit

This first aid kit must be carried by someone on each team at all times.

- » 3 – 4x4 Gauze Pads
- » 1 Roll 1" Waterproof Medical Tape or Equivalent Amount of Duct Tape
- » 1 Small Tube of Antibacterial Ointment
- » 3" Ace Bandage
- » Moleskin/Compeed (enough of each member)
- » 2 Safety Pins
- » 3 Doses of Painkiller (Tylenol, Aspirin, etc.)
- » 3 Doses of Anti-inflammatory (Ibuprofen, etc...)
- » Tweezers

Support Crews are expected to carry larger quantities of these items in order to provide medical aid at Transition Areas and replenish any used items in the team first aid kit. Racers and support crews may carry additional first aid items as well.

Other Recommended Items - Both Races

- » Sunglasses
- » Sunscreen
- » Electrolytes (oral or sports drinks)
- » Bug Spray
- » Toilet Paper or Wipes (bury or use facilities)
- » Food

Post Race Party - Both Races

- » Change of Clothes (Warm Clothing)
- » Party Hats
- » Comfortable Shoes