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8 Hour races: Mandatory Team Gear: Carried by team at all times during race.

- Compass
- Cell Phone
- Permanent Marker
- Knife
- First Aid Kit: Adventure Medical Kit: .5 kit or larger. www.adventuremedicalkits.com (or build own kit as long as the contents are the same) At least 3 meters of duck tape (Roll it around a small stick. Entire roll not required. Many uses including temporary wound care).

Mandatory Individual Gear: Carried by each team member at all times during race.

- Backpack with all required gear, rules, race instructions and maps
- Whistle
- Two (2) Liter Minimum Hydration Capacity
- Bike (Mountain Bike highly recommended though bike with fat tires will suffice. Other bikes are acceptable though most times riding conditions strongly favor mountain bikes)
- Bike Helmet and Flashing light on back of helmet or bike for road safety.

Paddling Gear: We supply canoes, paddles and PFDs. PFDs must be worn at all times during paddling section.

•Individuals can use personal paddles and life vests in races. (May be required to carry during portion of course depending on details provided at check in) Paddle bag.

24 Hour races: Mandatory Team Gear: Carried by team at all times during race.

All the same gear as 8 hour race with the following.

- (1) 27 gallon bin per TEAM
- Lighter or Waterproof Matches
- First Aid Kit: 24 hour race: Adventure Medical Kit Ultralight .7 (or build own kit as long as the contents are the same) At least 3 meters of duck tape (Roll it around a small stick. Entire roll not required. Many uses including temporary wound care).

Mandatory Individual Gear: Carried by each team member at all times during race.

- Head Lamp or Flashlight
- Bike Front White Light (Head lamp acceptable)
- Bike Rear Red Light
- Glow Sticks for placement on canoes, backpack, helmets and paddle gear. (4 per person and 2 per canoe.)
- Batteries to last through nocturnal aspects of event
- Survival blanket for all events 24hrs or longer (Per person)