



PRESENTED BY



GEAR CHECKLIST

EACH TEAMMATE:

- ✓ Mountain Bike (no road, cruiser or hybrid bikes allowed)
- ✓ Camelback or running backpack (with 1ltr minimum H2O)
- ✓ Fuel (gel or energy bar)
- ✓ Shell jacket or long sleeve top (weather dependent)
- ✓ Trail Runners
- ✓ Helmet (on bike only)
- ✓ Gloves (on bike only)
- ✓ Pump or CO2 cartridge and valve (on bike only)
- ✓ Extra tube (on bike only)
- ✓ Tire lever (on bike only)
- ✓ Change of clothes for after the race

ONE PER TEAM (TEAM CAPTAIN):

- ✓ Cell phone (in case of emergency)
- ✓ Whistle
- ✓ First aid kit (including bandaids, gauze, medical tape, antiseptic wipes, garbage bag)
- ✓ Pen

RECOMMENDED BUT NOT REQUIRED

- ✓ Kayaking gloves
- ✓ Extra pair of runners for kayak
- ✓ Sun glasses
- ✓ Hat
- ✓ Heart rate monitor

PROVIDED FOR YOU: KAYAKS

- ✓ Double kayaks and life jackets will be provided for you during the event

PROCEEDS BENEFITING

