



MANDATORY GEAR LIST

All items on this list must be carried by competitors at all times while on the course, unless otherwise noted. If you do not have an item on this list during gear check, you will not be allowed to start. Random gear checks will be in force during the event.

Clothing

- 1 backpack, running vest, or other device capable of carrying all mandatory equipment
- 1 waterproof shell jacket with hood - *all seams must be taped/sealed*
- 1 fleece, down, or synthetic jacket - *for warmth*
- 1 long sleeve thermal top – *cotton and lycra garments are not suitable*
- 1 pair long running pants or leggings - *must fully cover the legs*
- 1 pair waterproof shell pants / trousers
- 1 hat – *to protect you from the cold, such as a beanie, balaclava, thermal buff*
- 1 pair of waterproof gloves – *must be full fingered, ski gloves would be appropriate*

Medical & Safety

- 2 waterproof lights with backup batteries – *you must carry two light sources, one must be a headlamp. The second can be a headlamp or handheld flashlight. Do not bring rechargeable batteries*
- 1 red flashing light - *required in addition to your headlamp and backup light. This must be attached to your pack, vest or headlamp strap at all times*
- 1 survival blanket or bivvy
- 1 emergency whistle
- 1 compression bandage – minimum dimensions 2 inches (5cm) wide x 7.5 feet (2.3m) long un-stretched ([example](#))
- 1 foot care kit – must include 1 roll of surgical / paper tape ([example](#)), 2 safety pins, 1 roll of elastic tape ([example](#)), 10 alcohol wipes

Hydration & Nutrition

- Hydration system – *the capability to carry a minimum of 1 liter (30oz) of water in any type of containers*

The following 2 items ARE mandatory but do not have to be carried with you on the course (may be stored in your drop box):

- Electrolyte source – *such as SCaps, Endurolytes, SaltStick, Nuun. Pay attention to the recommended intake for your chosen product*
- Calorie source – *gels, bars, or whatever foods suit your needs. Most athletes will require between 200-300 calories per hour*

Transition Area (TA) Drop Box - (not mandatory)

You will be given allocated space indoors to store a drop box, bin, or bag to keep equipment, food, clothing, and other items you want to have accessible to you and/or your crew person during the event. It must be no bigger than 36 (L) x 21 (W) x 24 (H) inches. Hot and cold water will be provided in the TA.

All drop boxes must be clearly labelled with your name on all sides and the top. The TA will only be accessible by competitors and crew members, but you are responsible for the security of your items.