



SALOMON
**ADVENTURE
CHALLENGE**

2007 MANDATORY GEAR LIST

INDIVIDUAL GEAR:

ENTIRE RACE:

1. Race Jersey (**provided**) – outer layer
2. Top & Bottom synthetic layer of clothing (eg. Polypropylene, Polyester)
3. Waterproof breathable jacket* (eg. synthetic jacket with taped seams)
4. Emergency blanket (eg survival blanket)
5. Hat
6. Gloves/Mitts
7. Whistle (attached to outside of pack)
8. Container (eg. bottles or bladder) able to carry at least 1 litre of drinking water

CROSS-COUNTRY SKIING SECTION(S) ONLY:

1. Cross-Country Skis
2. Poles

MOUNTAIN BIKING SECTION(S) ONLY:

1. Mountain bike
2. Certified Mtn. Bike helmet
3. Spare inner tube

SNOWSHOEING SECTION(S) ONLY:

1. Snowshoes

SUGGESTED INDIVIDUAL GEAR (NOT MANDATORY):

Extra clothes for warmth,
energy food, sturdy footwear.

**Waterproof breathable jacket will be mandatory gear if weather forecast suggests inclement conditions. An email will be sent to ALL registered competitors three days before raceday as to our final decision. This is to ensure your safety on the racecourse.*

TEAM GEAR:

ENTIRE RACE:

1. Maps (**provided**)
2. Passport (**provided**)
3. Compass
4. Map Bag (waterproof suggested)
5. Lighter and/or Matches
6. Locking-blade knife
7. Headlamp or flashlight
8. FRS radio and 2 extra batteries
9. First Aid Kit (see below)

FIRST AID KIT:

- 1 Tensor / Ace Bandage (6cm x 5m)
- 3 Antihistamine Tablets (*for cold-induced breathing problems*)
- 3 Anti-inflammatory Tablets
- 6 Skin Closure Bandages ('Band-Aids')
- 3 packages of liquid energy (eg. power gel, jello, honey)
- 3 hand/foot warmers
- 1 roll adhesive tape (3cm x 5m) (eg. duct tape)
- 1 pressure dressing or regular sized sanitary pad

MOUNTAIN BIKING SECTION(S) ONLY:

1. Allen Key Set
2. Tire Pump

TOBOGGANING SECTION(S) ONLY:

1. Toboggan (minimum one)

TRANSITION AREA ONLY:

1. One (1) large bag suitable for teams' Snowshoes
2. One (1) large bag suitable for teams' X-Country Skis

GEAR TRANSFER EXPLANATION:

- You will receive color-coded numbered tags at registration. These tags must be securely attached to each gear bag so FAR staff can **clearly** identify them on the racecourse.
- Your gear must completely fit inside your gear bags (including skis)
- The appropriate bag will be brought to you at the beginning of each section on the racecourse (at each Transition Area).
- You can put additional items in these bags (eg. extra clothes, food, medical supplies) to help you and your team during the race – no banned gear of course (eg. outside maps) as per the Salomon Adventure Challenge Rules & Regulations.



GEAR CHECK

During the Race - You will be faced with Gear Checks before leaving certain predetermined CPs and TAs on the racecourse. Items from the Mandatory Gear List – typically safety items pertinent to the upcoming section - will be asked for and a penalty for each missing item will be levied (eg. time penalty or disqualification).

New: there will be no gear check at registration for this race. Your team must work together to ensure you have everything on the mandatory gear list, as we will be checking at CPs during the race.

Please be sure to bring just your completed waivers, image release forms, and medical forms with you to registration (or fax in advance to 1.866.876.8470).

RATIONALE FOR FRS TWO-WAY RADIO REQUIREMENT

In keeping with the wilderness aspect and stringent safety standards of the Salomon Adventure Challenge Series, FAR Inc. requires all teams to have a working FRS Two-Way radio. We are not comfortable with including the off-trail portions of our races (eg. a significant number of participants continue to request more off-trail sections) without this necessary safety precaution. All key racecourse staff will have a working FRS Two-Way Radio should there be a need to contact them during the race.

GEAR RECOMMENDATIONS

The following is a list of items that are **NOT** mandatory for the race but are recommended for your comfort and performance. **Remember, you can put these items in your two gear bags for a 'just-in-case' situation.**

- Additional long pants/tights, synthetic shirt, and socks – *moisture accumulation in your clothing may be more of an issue in cool winter weather*
- Windproof/Waterproof breathable jacket
- Buff – amazingly versatile winter headgear
- Extra fleece, down jacket or other clothing for warmth
- Extra heat packs
- Chain Breaking Tool, Inner Tube Patch Kit, Tire Levers
- Water purification system (eg Pristine) – *in case you run out of water between TA's*
- Food
- Hi-lighter, pens, and pencils (to mark course on map)
- Survival mirror
- Sunscreen
- Additional water carrying capacity if you feel that your team will be longer on the racecourse