

# FRONTIER

## adventure challenge

where adventure begins

## MANDATORY GEAR LIST: Long Course

### INDIVIDUAL GEAR:

#### ENTIRE RACE:

1. Race Jersey (**provided**) - must be worn as top layer at **ALL** times while on course
2. Hat (for sun protection/warmth)
3. Whistle (must be accessible – ie attached to your PFD or pack)
4. Min 2 Litre container for drinking water
5. Headlamp
6. Emergency Blanket

#### MOUNTAIN BIKING SECTION(S)

##### ONLY:

1. Mountain Bike
2. Certified Mtn. Bike helmet
3. Rear Red Mounted Flashing Light

##### SUGGESTED (NOT MANDATORY)

1. Chain Breaking Tool
2. Inner Tube Patch Kit
3. Tire Levers
4. Allen Key Set

#### PADDLING SECTION(S)

##### ONLY:

1. Paddle\* (**provided**)
2. Life Jacket\*\*

\*Own paddle(s) must be CLEARLY labeled with Team Number and bound together or put in a bag.

\*\*Life Jackets must be Department of Transport (DOT), CDN Coast Guard Approved or USA Type III (preferred) or Type I.

### TEAM GEAR:

#### MOUNTAIN BIKING SECTION(S)

##### ONLY:

1. Tire Pump
2. Spare Inner Tube

#### PADDLING SECTION(S)

##### ONLY:

1. Canoe (**provided**)
2. Kayak\* – solos only
3. Throw Bag **or** 15m length of rope with floatation device on one end

\*Solos must bring their own watercraft – kayak, solo canoe, etc

#### 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. 1 FRS Two-Way Radio
9. Spare batteries for FRS radio
10. 1 Long Sleeved Shirt
11. 1 Pair of Pants or Tights

##### First Aid Kit

- 1 Emergency (Survival) Blanket
- 1 Tensor Bandage (6cm x 5m)
- 3 Antihistamine Tablets
- 3 Anti-inflammatory Tablets
- 6 Skin Closure Bandages ('Band-Aids')
- 3 packages of liquid energy (eg. power gel, jello, honey)
- 1 roll adhesive tape (3cm x 5m)
- 1 pressure dressing or regular sized sanitary pad

#### TRANSITION AREA ONLY:

1. Two (2) Hockey-sized bags for gear transfer
  - You will be informed on raceday as to what gear goes in which bag – Frontier will transport the appropriate bag to each Transition Area.
  - Teams must prepare bags with provided bag tags following race briefing (eg. different colored tags for Bag 1 and Bag 2).
  - Both bags must be large enough to contain three life jackets.
  - Additional items are permitted (eg. see Recommended Gear List) to help you and your team during the race – no banned gear of course (eg. outside maps) as per the Frontier Adventure Challenge Rules & Regulations.



## **GEAR LIST INFORMATION & RECOMMENDATIONS**

### **GEAR CHECK**

**During the Race** - You will be faced with a Gear Check before leaving a predetermined TA on the racecourse. A selection of three to four items from the full Mandatory Gear List will be asked for and a penalty per any missing item will be levied (eg. time penalty or disqualification).

### **On-Site Registration**

The only items checked before the race begins (prior to receiving your Frontier AC t-shirts) will be:

- 3 Life Jackets (DOT, CDN Coast Guard, USA Type III or higher)
- 1 Throw bag or 15m length of rope with floatation device on one end (eg. empty, air-tight bottle)
- 2 hockey-sized bags and (if applicable) personal paddle bag/method of binding paddles together
- 3 Whistles
- 3 Emergency Blankets
- 1 FRS Two-Way Radio (eg. Motorola Talkabout)
- Spare batteries for FRS Two-Way Radio
- 1 Long Sleeved Shirt & 1 Pair of Long Pants or Tights

### **RATIONALE FOR FRS TWO-WAY RADIO REQUIREMENT**

In order to keep entry fees as low as possible while maintaining the wilderness aspect and stringent safety standards of the Frontier Adventure Challenge Series, we require 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 taking this necessary step in the name of safety. 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.**

- Long pants/tights - *should be considered for any bushwhacking sections to protect legs*
- Wicking shirt (synthetic or wool - for moisture mgmt) - *keeps you dry in cold conditions and cool in hot conditions*
- Windproof/Waterproof breathable jacket
- Extra clothes for warmth
- Sturdy shoes
- Insect repellent
- Water purification system (eg Pristine) – *in case you run out of water between TA's*
- Food
- Gloves
- 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

<p><a href="#">Axis Gear Nav 360</a> map board for bikes... designed and engineered by an adventure racer, and endorsed by Ian Adamson.</p>
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