

## MANDATORY GEAR LIST

### INDIVIDUAL GEAR:

#### ENTIRE RACE:

1. Race Jersey (**provided**) - must be worn as top layer at **ALL** times while on course
2. Whistle (must be accessible – i.e. attached to your PFD or pack)
3. Container (eg. bottles or bladder) for at least 1 litre of drinking water

#### MOUNTAIN BIKING SECTION(S)

##### ONLY:

1. Mountain Bike
2. Certified Mtn. Bike helmet

#### PADDLING SECTION(S)

##### ONLY:

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

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

### 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 + extra set of batteries
9. First Aid Kit (see below)

#### First Aid Kit

- 1 Emergency (Survival) Blanket
- 1 Tensor/Ace 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, honey)
- 1 roll adhesive tape (3cm x 5m) (eg. duct tape)
- 1 pressure dressing or regular sized sanitary pad

#### 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*

#### TRANSITION AREA ONLY:

1. Two (2) Hockey-sized bags for gear transfer
  - Teams must prepare bags to be labeled (eg. large tags, duct tape) so race staff can **CLEARLY** label them (using black marker) at on-site registration (eg. Team 5/Bag 1, Team 5/Bag 2).
  - You will be informed on raceday as to what gear goes in which bag – race staff will transport the appropriate bag to each Transition Area.
  - 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

**On-Site Registration** – Please bring only the following critical safety items to Gear Check at Pre-Race Registration:

- 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
- 1 FRS Two-Way Radio (eg. Motorola Talkabout)
- Spare batteries for FRS Two-Way Radio

**During the Race** - You will be faced with a Gear Check before leaving a predetermined TA on the racecourse. A selection of 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).

## RATIONALE FOR FRS TWO-WAY RADIO REQUIREMENT

In order to maintain the wilderness aspect and stringent safety standards of the off-trail portions of the Frontier Adventure Challenge Series, we require all teams to have a working FRS Two-Way radio. All key racecourse staff will have a working FRS Two-Way Radio should there be a need to contact them during the race. Because of the limited range of these radios, you may need to reach a higher or more open location to transmit effectively.

## 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 Transition Area gear bags for a 'just-in-case' situation.**

- Bike Repair Kit (Chain Breaking Tool, Inner Tube Patch Kit, Tire Levers, Allen Key Set, etc)
- Highlighter, pens, and pencils (to mark course on map)
- 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
- Hat (for sun protection/warmth)
- Gloves
- Food
- Survival mirror
- Sunscreen
- Insect repellent
- Water purification system (eg Pristine) – *in case you run out of water between TA's*
- Additional water carrying capacity if you feel that your team will be longer on the racecourse

We encourage teams to use the [Intrepid Nav 360](#) map board for bikes...  
designed and engineered by an adventure racer, and endorsed by Ian Adamson.