

## 2018 Get Your Bearings Adventure Race – Gear List

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Below is the official gear list for the 2018 Get Your Bearings Adventure Race. Besides the Mandatory Gear listed, you may want to bring a number of other items for a day in the woods, like a backpack to carry everything, snacks, sunscreen and bug/tick repellent. We'd also recommend long pants to protect against thorns and potential poison ivy.

### Pre-Race Mandatory Items

Personal (per person)

ITEM	QTY
Heavner Canoe Waiver, Signed	1
Lost Arrow Race Waiver, Signed	1

### Full Time Mandatory Gear (to be carried at all times during the race)

Personal (per person)

ITEM	QTY
Hydration system 20 oz. minimum (water bladder, or bottles)	1
Whistle	1
Compass	1

Team (per team)

ITEM	QTY
Race Passport (provided by race staff at check-in)	1
Maps (provided by race staff at check-in)	1
Waterproof map case (gallon Ziploc OK) or plan to laminate maps	1
Team Cell Phone (turned off)	1
Dry bags (for cell phone and Passport - Ziplocs are OK)	1

First Aid Kit (per team) - Contents to include the following as a minimum

ITEM	QTY
Closure bandages (Band-Aids)	4
Painkiller tablets (Acetaminophen, Ibuprofen, aspirin etc...)	4
Anti-histamine tablets (Benadryl)	4

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## Canoeing (To be carried during all paddling sections.)

### Personal (per person)

ITEM	QTY
Life jacket (provided, Coast guard type III or better - no inflatables)	1
Paddle (provided, Canoe or Kayak style)	1

### Team (per team)

ITEM	QTY
Canoe (provided)	1*

## Mountain Biking (to be carried during all mountain biking sections)

### Personal (per person)

ITEM	QTY
Mountain bike	1
Certified bike safety helmet	1
Spare tube	1

### Team (per team)

ITEM	QTY
Allen Key Set	1
Set of Tire levers or quick stick	1
Chain repair tool	1
Tire pump (cartridges are acceptable, but a pump is recommended)	1

### Family Division Only (per team)

ITEM	QTY
Large Garbage Bag, to hold helmets and other bike gear left with the bikes at the bike TA to be transported to a second bike TA for pick-up.	1

**Notice:** Gear checks can and will be done by race officials at any time during the race.