

## Legend of the Dogman - Gear List / Race Rules

Mandatory Gear, **per person** (24 HR and 8 HR):

- Hydration System (Minimum 64oz / 2 liters at the starting line)
- Whistle
- Compass
- Maps (provided)
- Minimum 1 Sq Ft of Hunter Orange
- Race Bib on back (provided)

Mandatory Gear, **per person** (24 HR **Only**):

- Reflective Vest
- Headlamp/Flashlight with 12 hours of battery life, plus battery backup

Mandatory Gear, **per team** (24 HR and 8 HR):

- Properly signed waiver
- SI Card (e-punch stick, provided OR your own)
- Cell phone (for emergency calls or livelox tracking only)
- Emergency Blanket
- Magnifying Glass

Optional Gear per person (24 HR Only):

- 2 small bags – 1 for each Gear drop location (Book-bag or Shopping tote size only, no bins) with team number clearly labeled on it (This will be in addition to what you choose to keep on site at the central TA which will have no size limit)

Suggested Gear:

- Long sleeves, long pants, gaiters, trail running shoes
- Eye protection
- Backpack to carry everything
- Snacks, electrolytes
- Bug/tick repellent, sunscreen, etc.
- Map bag or contact paper
- Phone waterproofing
- Headlamp (8 HR recommended, mandatory for 24 HR)

**Race Rules:**

- Teammates must stay within 50 meters of each other at all times.
- GPS not allowed, except for route tracking.
- If someone is injured, you must stop and assist them.
- Racers are NOT permitted to cross private property.
- Racers must finish by 6pm (8 HR) & 7pm (24 HR), a late penalty will be charged.
- All racers must check out before leaving the race venue.