

# 2021 Get Your Bearings Adventure Race – Gear List

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

### **Personal (per person)**

- Hydration system 32 oz. minimum (water bladder, or bottles)
- Whistle
- Compass
- Mask

### **Team (per team)**

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

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

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

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

### **Personal (per person)**

- Life jacket (provided, Coast guard type III or better - no inflatables)
- Paddle (provided, Canoe or Kayak style, Kayak paddles for solos only)

### **Team (per team)**

- Canoe or Kayak (solos only) (provided)

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

### **Personal (per person)**

- Mountain bike
- Certified bike safety helmet
- Spare tube

### **Team (per team)**

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

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

Besides the Mandatory Gear listed above, 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.