

2023 No Frills Just Chills Adventure Race – Gear List

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

Personal (per person)

- Hydration system 20 oz. minimum (water bladder, or bottles)
- Whistle
- Compass
- 1 Square Foot of Hunter Orange

Team (per team)

- Race Passport or E-Punch Stick (provided by race staff at check-in)
- Pen/Sharpie
- Maps (provided by race staff at check-in)
- Team Cell Phone (turned off)
- Emergency Blanket

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)

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

Personal (per person)

- Mountain bike
- Certified bike safety helmet
- Spare tube
- Rear Bike Light

Team (per team)

- Set of Tire levers or quick stick
- 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 and bug/tick repellent. We'd also recommend long pants, long sleeves, gloves and hat in case of inclement weather.

Additional Comments regarding food/drink: Be sure to bring your own water and race food for before, during and after the event. There will be no running water at the race start/finish and we are not providing anything at the S/F or on the course. Please be prepared for whatever you may need.