Great October Adventure Race – Gear List – 8 HR

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

Personal (per person)

- Hydration system 50 oz. minimum (water bladder, or bottles)
- Whistle
- Compass
- Headlamp
- 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)
- 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)
- 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)

Paddling (To be carried during all paddling sections.)

Personal (per person)

- Life jacket (with rentals, or **Personal**: Coast guard type III or better - no inflatables)
- Paddle (with rentals: kayak for solos only. **Personal: Any type allowed**)

Team (per team)

- Canoe or Kayak (with rentals, kayaks for solos only). **Personal: canoe, single or tandem kayak, or any combination**)

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

Personal (per person)

- Mountain bike strongly recommended, Gravel bikes ok if skipping single-track (No Road Bikes or E-Bikes allowed)
- Certified bike safety helmet
- Spare tube
- Rear Bike Light

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.