Nain Rouge Gaine
Gear List / Race Rules

Mandatory Gear, per person:

- Hydration System
- Whistle
- Compass
- Maps (provided)
- Race Bib on back (provided)

Mandatory Gear, per team:

- SI Card (e-punch stick, provided or your own)
- Cell phone (for emergency calls or livelox tracking only)
- Emergency Blanket
- Sharpie

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
- First Aid Kit
- 1 sq ft Hunter Orange

Race Rules:

- Teammates must stay within 100 feet 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 race finish time, a late penalty will be assessed for each minute late.
- All racers must check in before leaving the race venue.
- Solo racers must race individually; Teams working together will not be eligible for division awards.