


MANDATORY GEAR


	SPRINT COURSES	SUBARU LONG COURSE
All STAGES		
Water Carrying Capacity		✓ (750 ml pp)
Course Map (With safety and transition info) PROVIDED		✓
Whistle (on PFD for paddle but accessible for all stages)		✓
Knee-high socks (pair provided in race kit)		✓ (pp)
Small First Aid Kit:		✓
Pressure Drsg		✓
Emergency Blanket		✓
10 Band-aids		✓
Tensor Bandage		✓
Liquid Energy		✓  (pp)
Adhesive Tape		✓
ADDITIONAL CYCLING GEAR		
Helmet (Approved)	✓	✓
Mountain Bike, well-maintained	Recommended	Required
Closed-toe footwear	✓	✓
ADDITIONAL PADDLING GEAR (not required for RUN-BIKE-RUN)		
Life Jacket (Approved & worn at all times on the water)	✓ (pp)	✓ (pp)
Whistle	✓	✓
Bailer or pump (Unless boat has autobailer)	✓	✓
Throw Rope (minimum 15m)	✓	✓
Paddle for each participant in the boat	✓	✓
Watercraft (Approved)		✓
Kayak Skirt (properly fitted for boats with sit-in cockpits)		✓ & must be worn
Spare Paddle (Canoe teams only)	✓	


RECOMMENDED GEAR

	SPRINT COURSES	SUBARU LONG COURSE
All STAGES		
Fully-charged Cellphone	✓	✓
Whistle	✓	mandatory
Liquid Energy	✓  (pp)	mandatory
Water Carrying Capacity	✓ 500 ml (pp)	mandatory
Hat or Buff	✓	✓
Knee-high socks	✓	mandatory
Acetaminophen (Tylenol) <i>and any of your personal medications</i>	✓	✓
Tensor Bandage	✓	mandatory
Blister care supplies (moleskin etc.)		✓
ADDITIONAL CYCLING GEAR		
Spare Bike Tube	✓	✓
Bike Tire Levers	✓	✓
Bike Pump	✓	✓
Bike Chain Repair Tool	✓	✓
Multi Tool (allen keys etc)	✓	✓
Checking Bike Brakes Prior to Race	✓ (pp)	✓ (pp)
ADDITIONAL PADDLING GEAR		
Waterproof Jacket/Merino or Synthetic Shirt	✓ (pp)	✓ (pp)
Paddle Float		✓

NOTES:

(pp) - item is required or recommended *per person*

 - item is included in racer welcome package

Paddling mandatory gear comes included with  SunTrails Adventure or Explorer's Tread rental

All paddling rental gear must stay with boat at end of paddling stage, including the long course whistle

LONG COURSE: Road Bikes and Cyclocross bikes are not permitted. You will not be given a race kit without presenting a well-maintained mountain bike. **SPRINT COURSES:** Mountain bikes are strongly recommended. If you do not have a well-maintained mountain bike, please rent one or be prepared for sections which you will find unrideable.