### MANDATORY GEAR

#### **ALL COURSES**

CYCLING GEAR	
Helmet (Approved)	✓
Mountain Bike (recommended), or Gravel Bike	✓
Closed-toe footwear	✓
PADDLING GEAR (not required for RUN-BIKE-RUN)	
Life Jacket (Approved & worn at all times on the water)	√ (pp)
Whistle	√ (pp)
Bailer or pump (Unless boat has autobailer)	✓
Throw Rope (minimum 15m)	✓
Paddle for each participant in the boat	✓
Watercraft	✓
Spare Paddle (Canoe teams only)	✓

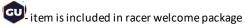
# **RECOMMENDED GEAR**

### **ALL COURSES**

All STAGES	
500ml Water Carrying Capacity	✓
Fully-charged Cellphone	✓
Whistle	✓
Liquid Energy	√ <mark>©</mark> (pp)
Hat or Buff	✓
Acetaminophen (Tylenol) and any of your personal medications	✓
Tensor Bandage	✓
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)
ADDITIONAL PADDLING GEAR	
Waterproof Jacket/Merino or Synthetic Shirt	√ (pp)
Paddle Float	<b>√</b>

## **NOTES:**

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



Paddling mandatory gear comes included with suntrail adventure r Explorer's Tread rental

All paddling rental gear must stay with boat at end of paddling stage

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.