


## 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	✓  (pp)
Hat or Buff	✓
Acetaminophen (Tylenol) <i>and any of your personal medications</i>	✓
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	✓

## NOTES:

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



- item is included in racer welcome package

Paddling mandatory gear comes included with  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.