

Physically Strong Adventure Race Gear List

Individual Gear *(to be carried by each racer at all times during the race):*

Note The weather at the start of the race will be cool and slowly warming-plan accordingly*

Pack with hydration system (*40 oz minimum*)
Waterproof jacket (*ponchos are NOT a good idea for race conditions and safety*)
Headlamp with fully charged batteries
Whistle
Emergency blanket
Mountain bike (*will be traveling on off-road conditions-no road bikes, triathlon bikes, cyclocross bikes or tandems allowed*)
Bike helmet
Spare tube
Matches / lighter
Canoes, Paddles, and PFD's –ARE PROVIDED BY THE PHYSICALLY STRONG CHALLENGE-may bring personal PFD if desired. No outside canoes or paddles allowed

Team Gear *(to be carried AT ALL TIMES during the race):*

1:15,000 scale UTM tool
Waterproof map case
Compass
Fully charged cell phone in water proof container (*for emergency use only*)
First Aid kit
Bicycle multi-purpose tool
Tube patch kit
Tire pump/ CO2 cartridge inflator

Other Recommended Gear

Bug Spray
Sun Screen
Food/nutrition for 12 hours (*energy bars, etc*)
Gloves
Extra socks in waterproof container
Dry fit top and bottoms