

Mandatory Team Gear:

- First Aid Kit:
- ¾" X 4' medical tape
- Alcohol Swab (4)
- ¾" Adhesive Bandages (4)
- Mole Skin (1" X 1" minimum)
- Antibiotic Ointment packet (2)
- Oral Pain Reliever (2 adult doses)
- Waterproof map case (could be a gallon zip lock bag)
- Writing Utensil
- Knife (3 inch or less locking blade)
- Cell phone
- Waterproof container for cell phone
- Waterproof matches or lighter
- Tire pump
- Bike multi-tool
- Tire lever
- Chain repair tool
- Canoe
- Paddles
- PFDs
- Bandana

Full Time Mandatory Personal Gear:

- 45-60 oz. Fluid container
- Whistle
- Compass

Personal Mountain Bike Gear:

- Mountain bikes w/ mountain or hybrid tires only
- Bike Helmet
- Spare tube
- Rear Light

Personal Canoe Gear:

- Paddle
- Personal Flotation Device (PFD), type II or higher

Extras/Optional Gear:

- Electrolyte Replacement Tablets/gu/energy bars
- Long Pants
- Long Sleeve Base Layer
- Rain Coat