

# 2019 RockstAR Mandatory Gear List



ENTIRE RACE	<p><u>Mandatory Items - Per Racer</u></p> <ul style="list-style-type: none"><li>• 1 whistle (ie. a <u>separate</u> one from the whistle attached to your PFD)</li><li>• Minimum volume of 2L water capacity.</li><li>• Spare fleece, polypro or polyester (ie. non-cotton) long-sleeved shirt stored in a <i>watertight bag or pouch</i></li><li>• Hat for sun protection (a cap or Buff is acceptable)</li><li>• 1 compass</li></ul> <p><u>Mandatory Items - Per Team</u></p> <ul style="list-style-type: none"><li>• 1 watch or other timing device</li><li>• 1 waterproof map pouch or dry bag</li><li>• 1 fully-charged cellular phone (<i>note that this phone is to be turned on only in emergency situations</i>)</li><li>• 1 permanent marker</li><li>• 1 pocket knife</li><li>• 1 emergency blanket</li><li>• Waterproof matches</li><li>• Headlamp or flashlight</li><li>• Medical kit containing a tensor bandage, 6 "band-aid" bandages, adhesive tape, 2 antiseptic wipes, antibiotic ointment, 2 ibuprofen tablets, 2 antihistamine tablets, 1 gauze pad, and electrolyte supplements (ie. such as eLoad drink mix powder, eDiscs, Zone Caps, or similar)</li></ul>
BIKE SECTIONS	<p><u>Mandatory Items - Per Racer</u></p> <ul style="list-style-type: none"><li>• Mountain bike</li><li>• Certified bike helmet (<i>will be checked at Check-In</i>)</li><li>• 1 spare bike tube (or a patch kit if you are running tubeless tires)</li></ul> <p><u>Mandatory Items - Per Team</u></p> <ul style="list-style-type: none"><li>• 1 tire pump (or C02 inflator and cartridge)</li><li>• 2 tire levers</li></ul>
PADDLE SECTIONS	<p><u>Mandatory Items - Per Racer</u></p> <ul style="list-style-type: none"><li>• Coast Guard or Dept. of Transportation approved Personal Floation Device (PFD) <i>(will be checked at Check-In)</i> <u>with whistle attached</u> (separate from the one listed above that is carried with you at all times)</li><li>• Please note that inflatable lifejackets are <b>not acceptable</b> as Personal Flotation Devices</li></ul> <p><u>Mandatory Items - Per Team</u></p> <ul style="list-style-type: none"><li>• One canoe per 2 or 3 people in a team</li><li>• 2 paddles, 1 bailer and a throw line that is at least 15m in length*</li></ul>

\* Please note that canoes rented through RockstAR come complete with paddles, bailers throw lines, but they DO NOT include PFD's. All racers are responsible for their own PFD's.

**Recommended Gear Item:** RockstAR features an underwater checkpoint section, where swimming masks are provided. Racers are welcome to bring their own if they wish.