



## 2007 Mad Dash Mandatory Gear List

Items with an asterisk (\*) are to be carried at all times during the race. All other items will be noted in the passport when required. You will be given the passport at the start of the race.

### **Team Requirements (one per team):**

- \* Waterproof Map Case
- \* UTM Plotting Tool for 1:24,000 scale
- \* Writing Utensil
- \* Compass (2 per team)
- \* Money (\$10)
- \* Cellular Phone
- \* First Aid Kit
- \* Knife
- Spare Inner Tube
- Pump or inflation device

### **Individual Requirements (one per person):**

- \* Whistle
- \* Race Jersey (Provided )
- \* Water container of at least 70oz
- \* Picture ID
- Mountain Bike with tail light
- Type III PFD
- Certified bicycle helmet

Note: First Aid Kit to include at a minimum:

- ¾" x 4' medical tape
- Alcohol Swab (4)
- ¾" Adhesive bandages (4)
- Mole Skin (1" x 1" minimum)
- Antibiotic ointment packets (2)
- Oral pain reliever (2 adult doses)
- Electrolyte replacement tablets