



## 2007 Trekkineer Gear (7/15/2007)

### **Mandatory Team Gear:**

- 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 packet (2)
  - Oral Pain Reliever (2 adult doses)
  - Electrolyte Replacement Tablets
- Rescue Strobe with minimum 1 mile visibility
- Water filtration or purification capability (per team)
- Waterproof Map Case
- Writing Utensil
- Compass (2 per team)
- Money (\$10)
- Knife (fixed or locking blade)
- Cellular Phone
- Map Tools: Map scale will be 1:24,000 and 1:25,000

### **Mandatory Individual Gear:**

- Light source of either penlight or headlamp (functional)
- Whistle
- Water container of at least 70oz
- Chemlight or Calumn stick (2 per person with zip-ties)
- Picture ID (may be homemade)

### **Recommended Gear:**

- Sunscreen Lotion
- Sunglasses
- Bug Repellent
- Dry change of clothing

### **Cycling:**

1. Teams will be required to provide their own bikes for the event. Mountain bikes are required for this course.
2. Helmet must be worn at all times during biking sections.

#### **Mandatory Team Gear:**

- Spare Inner tube
- Pump or inflation device

#### **Mandatory Individual Gear:**

- Mountain Bike
- Certified Helmet (must be worn at all times on bikes)
- Lighting system
- Red Taillight (active during all cycling sections)

### **Paddling:**

1. Each team will be provided with boats. (kayak paddles will be available)
2. Teams will be allowed to use their own paddle. Canoe or Kayak paddles are acceptable.
3. PFD must be worn at all times when in the water.
4. Boats will be aluminum canoes designed for two people each.

#### **Mandatory Individual Gear:**

- PFD Type III

### **Ropes:**

- ❖ Ropes discipline has been removed from the event.