



The MVP Health Care Bitter Pill Adventure Race -- Mandatory Gear List --

Current as of: 07/14/2008

Team Mandatory Equipment

At least one team member must carry these items during the entire race:

- 1. Waterproof map bag
- 2. Pencil/pen to mark passport
- 3. Passport, provided by race officials
- 4. Watch

Team Stage Equipment

At least one team member must carry these items during the appropriate stage(s):

- 1. Tire pump
- 2. Spare tube
- 3. Canoe, **provided by the race organizers**

Team First Aid Kit

Each team must carry a first aid kit with at least the following items, or their equivalent:

- 1. 1" bandages
- 2. 3x4" gauze pads
- 3. 2x5 yd gauze roll
- 4. 1/2" adhesive tape roll
- 5. Tweezers
- 6. Anti-bacterial creme/towelettes
- 7. Ibuprofen
- 8. Iodine tablets or another water purification system

Individual Stage Equipment

Each team member must carry these items during the appropriate stage(s):

- 1. Mountain Bike
- 2. Mountain Bike Helmet
- 3. Approved life jacket (US Coast Guard, Canadian Coast Guard, etc.) No Inflatable PFDs.
- 4. Canoe paddle, **provided by race organizers.** *

** You may bring your own paddle, but then you must carry it through the entire race.*

Individual Mandatory Equipment

Each team member must carry these items during the entire race:

- [] 1. Backpack
- [] 2. Container for at least two litres of fluid
- [] 3. Light source (headlamp recommended)
- [] 4. Space Blanket/Bag
- [] 5. Whistle
- [] 6. Compass (declinating compass recommended)
- [] 7. Knife with folding, locking blade
- [] 8. Long sleeve synthetic shirt
- [] 9. Long pants or tights
- [] 10. Warm Hat
- [] 11. Lighter / waterproof matches
- [] 12. Mirror (compass mirror is acceptable)
- [] 13. One glow stick with zip tie to attach to pack