



GREEN MOUNTAIN ADVENTURE RACING ASSOCIATION

The MVP Health Care Bitter Pill -- Mandatory Gear List (Individual) --

Individual Stage Equipment:

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

- Mountain Bike
 - Mountain Bike Helmet
 - Approved life jacket (US or Canadian Coast Guard, etc.) No inflatable PFDs.
 - 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:

- Backpack
- Container for at least two litres of fluid
- Light source (headlamp recommended).
- Space Blanket/Bag.
- Whistle
- Compass (declinating compass recommended)
- Knife with folding, locking blade.
- Long sleeve synthetic shirt.
- Long pants or tights
- Warm Hat
- Lighter/waterproof matches.
- Mirror (compass mirror is acceptable)
- One glow stick with zip tie to attach to pack.