



GREEN MOUNTAIN ADVENTURE RACING ASSOCIATION

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

Team Mandatory Equipment:

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

- Waterproof map bag
- Pencil/pen to mark passport
- Passport, provided by race officials.
- Watch
- \$1.

Team Stage Equipment:

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

- Tire pump
- Spare tire
- Canoe, provided by race officials.

Team First Aid Kit:

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

- 1" bandages
- 3x4" gauze pads
- 2x5 yd gauze roll.
- 1/2" adhesive tape roll.
- Tweezers
- Anti-bacterial creme/towlettes
- Ibuprofen.
- Iodine tablets or other water purification system.