



The MVP Health Care Frigid Infliction Winter Adventure Race

-- Mandatory Gear List --

Page 1 of 2 - Current as of: 02/19/08

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. Compass (declinating compass recommended)
- 5. Space Blanket
- 6. Whistle
- 7. Two green glow sticks / chem lights - 12 hour type
- 8. Knife with folding, locking blade
- 9. Long sleeve winter jacket
- 10. Hat
- 11. Gloves
- 12. Long sleeve fleece
- 13. Full length winter pants
- 14. Lighter / waterproof matches
- 15. Mirror (compass mirror is acceptable)
- 16. Two chemical hand warmers
- 17. Snowshoes
- 18. Climbing harness
- 19. Two locking carabiners

Team Mandatory Equipment:

Your team must carry these items through the entire race:

- 1. Map case (ziplock bags acceptable)
- 2. Pen/pencil (something that will work in the cold!)
- 3. Watch

Individual Stage Equipment:

Each team member must carry these items when instructed by the course directions:

- 1. Cross country skis
- 2. Poles



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Page 2 of 2 - Current as of: 02/19/08

Team First Aid Kit:

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

- 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