



## Adventure Race Compulsory Gear List

Each team member must carry with them:

- 1 x Backpack
- Minimum 1L water
- Sufficient food - scroggin, muesli bar, fruit etc.
- 1 x long sleeved fleece
- 1 x waterproof jacket
- 1 x thermal long sleeved top
- 1 x thermal leggings
- 1 x hat
- 1 x pair of gloves

Each team must carry a First-aid kit with the following minimum:

- 1 x survival blanket
- 100m chaffing cream
- 4 x plasters
- 1 x crepe bandage

Teams must supply their own mountain bikes in good working order and regulation safety helmets.