

EQUIPMENT

Mountain Bike:

- Mountain Bike in good working order
- Bike Helmet (NZ/AS standards approved)
- Front white & Rear Red Lights (100m visibility)
- Pump/repair kit/tube/lube
- All individual compulsory gear to be carried on mountainbike stage

Water:

- Paddle
- PFD (meets AS/NZ standards)
- All individual compulsory gear to be carried on kayak stage

Spray skirt, and AR Duo Kayak Provided

TEAM GEAR

- First aid kit
- 1.5m unstretched roll 5cm wide crepe bandage
- 5m roll of 2cm wide strapping tape
- 10 band aid strips
- triangular blanket
- scissors/knife
- 4 pain relief tablets
- Phone (in waterproof bag)
- Maps & Control Card
- Mountain Bike repair kit
- Kayak repair kit (duct tape)

Strongly Recommended:

- Sunscreen
- Anti-chafe

INDIVIDUAL GEAR

Each Team Member is required to carry:

- Thermal top and bottom (long sleeve)
- Thermal Gloves/Wool (full finger)
- Thermal Hat/Wool (Buffs not accepted)
- Waterproof jacket (seam sealed)
- Waterproof pants
- Long Sleeve Thermal Mid Layer Top
- Foil Survival Bag
- Whistle

This is the minimum gear to be carried. The compulsory gear must be carried on each leg of the race regardless of discipline