

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 mountain bike 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

- ☐ Personal locator beacon (PLB / ERPIRB)
- ☐ 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.