

# 2017 Physically Strong Adventure Race Gear List

## **Individual Gear** *(to be carried by each racer at all times during the race):*

\*Note\* The weather at the start of the race will be cool and slowly warming-plan accordingly\*

Pack with hydration system (*40 oz minimum*)  
Waterproof jacket (*ponchos are NOT a good idea for race conditions and safety*)  
Headlamp with fully charged batteries - 12 hour race only  
Whistle  
Emergency blanket  
Mountain bike (*will be traveling on off-road conditions-no road bikes, triathlon bikes, cyclocross bikes or tandems allowed*)  
Bike helmet  
Spare tube  
Matches / lighter  
Canoes, Paddles, and PFD's –ARE PROVIDED BY THE PHYSICALLY STRONG CHALLENGE-may bring personal PFD if desired. No outside canoes or paddles allowed

## **Team Gear** *(to be carried AT ALL TIMES during the race):*

1:15,000 scale UTM tool – **12 hour race only**  
Waterproof map case  
Compass  
Fully charged cell phone in water proof container (*for emergency use only*)  
First Aid kit  
Bicycle multi-purpose tool  
Tube patch kit  
Tire pump/ CO2 cartridge inflator

## **Recommended Gear**

Bug Spray  
Sun Screen  
Food/ nutrition for 10 hours (*energy bars, etc*)  
Gloves  
Extra socks in waterproof container  
Dry fit top and bottoms