



sea2summit Gear List as of August 1, 2005.

This gear list is subject to change. Please check back one week prior to race start for the updated list. There are different requirements based on race location. Location-specific needs are noted in this document.

Mandatory Equipment List

The mandatory equipment list for all adventure races has been standardized and all you need to know is in this document. [Note: Off-road duathlon races have a different gear list which is described on the off-road duathlon pages of sea2summit.com]

Special gear requirements for specific races will be noted below. Be prepared for random equipment checks at various checkpoints. You will be asked to provide proof of specific items on your gear list. For every single item that you cannot provide, your team will be assessed a 15-minute time penalty. This list is for your safety so please take it seriously.

Gear required for the one-day races and multi-day races is identical, except what is noted below. There will be paddling stages on the one-day races.

Mandatory general gear for all races:

- Whistle: one per person
- Locking blade knife: one per person
- Small first aid kit: see required items below
- Emergency space blanket and/or large garbage bag: one per person
- Non-cotton long-sleeve top (polypropylene or fleece): one per person
- Flashlight or headlamp: one per person
- Compass: one per person
- Minimum 2-litre water container (with water) per person
- Survival mirror: one per team or solo
- Lighter or waterproof matches: one per team or solo
- Dry bag for maps: one per team or solo
- Pen or pencil for writing on passports: one per team or solo
- Race bib jersey (provided by sea2summit): one per person

Mandatory first aid kit items for all races:

Following are the minimum requirements *per person*. You must replace what you have used to complete the race.

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- Antiseptic wipes (2, preferably with Benzalkonium Chloride)
- Antibiotic cream (single application per racer OR one tube per team)
- Bandages (2 of different sizes)
- Moleskin (2" x 2")
- Duct tape (2-foot roll)
- ASA, acetaminophen or ibuprofen (2)
- Safety pin
- Personal medications

Mandatory bike stage gear for all races:

- Spare tire tube - one per person
- Bike repair kit with the basics for fixing a blown tire and broken chain - one per team or solo
- Tire pump - one per team or solo
- Certified bike helmet - one per person

Mandatory paddling stage gear for all races:

- **Mont Ste Marie:** Canoe for teams of 2 and 4. Solos can use any non-motorized, non-oarlock watercraft.
- **Panorama, Whistler, Shore2Shore:** Solos, teams of 2 and 4 can use any non-motorized, non-oarlock watercraft provided. Maximum two people per boat.
- Paddles (included with boat rental, should you choose to rent): one per person
- Coast Guard-approved personal floatation device (Canada or U.S.): one per person. Must be worn at all times during the paddling stage and will be included with boat rental if you choose to rent.
- 15-metre buoyant heaving line: one per boat. You must verify with boat rental company that it is included, if you choose to rent. This is a requirement of the Canadian Coast Guard. This can be a throw bag or any other type of rope with a floating end attached.

Mandatory rope stage gear:

- As we develop the courses for 2005, we will update this section to announce which races require mandatory gear for the ropes section.
- Helmet: one per person (bike helmet allowed)
- Leather gloves: one pair per person (bike gloves allowed)

Panorama:

- The ropes stage for all racers at Panorama is a Tyrolean traverse and you must provide your own harness and carabiners.
- Industry-approved sit harness: one per person
- Locking carabiners: two per person

Mont-Ste. Marie 2-Day Race:

- We will attempt to include a ropes section as we plan the 2005 race route. Watch for an announcement.



Recommended Equipment/Clothing

Chances are the weather will be sunny and pleasant because that is what we all ordered! However, you are in the mountains and weather can be unpredictable (it can snow in the summertime). You will get wet, muddy, scratched in the bush, and you will not be walking on even terrain. This is an adventure race, so expect the unexpected. **COME PREPARED OR DON'T COME AT ALL.**

- Avoid cotton clothing; choose synthetics. You **WILL** get wet.
- Clipless bike pedals are your call.
- For trekking, the ideal shoe for sea2summit races is a trail running shoe. A shoe that has great traction for downhills and good support. You will not require an ultra sturdy leather boot.
- Food: If you are competing in a Sea2Summit Adventure Race, at times it can be up to 3 hours between Stages or Transition Areas. You should always have some food & water in your pack in order to maintain sufficient energy levels.
- Your bike should at least have front suspension. It'll be a bumpy ride.
- Medium-sized backpack.
- Hydration pack: hydration is critical to finishing our races and constant access to water is key.

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