



# Chasin' the Bone 2014 Gear List

## Full Time Mandatory Team Gear

- Writing utensil
- Working cell phone
- Compass
- First Aid Kit, at minimum:
  - 4 acetaminophen, ibuprofen, or similar
  - 4 band-aids

## Full Time Mandatory Individual Gear (Each team member must have the following at all times)

- Whistle
- Means to carry at least 32 oz of liquid
- Waterproof jacket
- Poly-pro or similar hat
- Space blanket
- Long pants/tights
- Long sleeve shirt

## Mandatory Individual Biking Gear (Each team member must have the following on all biking sections)

- Bike – (Mountain bike or similar highly recommended but not required. You will be biking on trails, roads and gravel)
- Flashing red tail light (must be on when on pavement)
- Bike helmet - must be worn at all times while riding

## Mandatory Paddle Gear (PFD must be worn while in boat)

- Canoes or kayaks (must use canoes or Kayaks provide)
- Paddle per racer (single or double-bladed) (will provide if needed)
- PFD (Type III or higher) per racer (will provide if needed)

## Recommended Gear

- Bike Gloves
- Warm Hat
- Extra change of clothes
- Extra batteries
- Dry bag, Sunscreen, Sun Glasses
- Waterproof map case
- Bike pump or CO2
- Spare bike tubes
- Chain tool / bike repair kit
- Bike Patch kit
- Duct tape

## PROHIBITED EQUIPMENT

- GPS
- Fire arms
- Communication devices other than sealed cellular phone
- Motorized means of transport