

# UNITED STATES ADVENTURE RACING ASSOCIATION NATIONAL CHAMPIONSHIP – GEAR LIST (updated, 8/2)

FULL TIME MANDATORY TEAM GEAR	
Quantity	Items: Each team must have the following at all times
1	Tracker (provided by USARA)
1	Cell phone in a waterproof or zip lock baggie
1	Pen (we recommend one that will still work in wet or freezing conditions)
1	Lighter or waterproof matches
2	Compasses
Enough for team	Water purifier or water purification tablets for entire team – teams should be prepared to acquire water from wild sources such as creeks
1	Knife, with a locking blade
Enough for team	Duct tape
Enough for team	Hand sanitizer
1	Adventure Medical Kit Ultralight .7 OR build a first aid kit containing based on the <a href="#">AMK .7 contents:</a>

FULL TIME MANDATORY INDIVIDUAL GEAR	
Quantity	Items: Each racer must have the following at all times
1	Race number to be visible during event (provided by USARA)
	Mask for covid compliance
1	Whistle
1	Headlamp
1	Space Blanket
1	Hydration system (bladders, bottles, or some combination of the two; recommended minimum per person: 50 oz)
1	Waterproof jacket with hood (sealed or taped seams; <i>ultra-light, water-resistant 3 oz. jackets will NOT satisfy this requirement</i> )
1	Rain pants (sealed or taped seams)
1	Insulating long-sleeve top (synthetic, wool, fleece, etc.)
1	Insulating hat (synthetic, wool, fleece, etc.)
Enough for team	Food for entire race; be prepared for 30 hours of racing
As needed	Epi pens are required for individuals with an epi pen prescription

MANDATORY INDIVIDUAL BIKING GEAR	
Quantity	Items: Each racer must have the following while biking
1	Mountain bike (no cyclocross, road bikes, etc.)
1	Front lighting system (must be mounted on handlebars for visibility; teams may wear headlamps but they must also have a light mounted to the handlebars)
1	Flashing red rear-light mounted on bike (not on pack; must have batteries for the duration of the event and it must be on during the day while riding on roads with vehicular traffic; we recommend bringing some sort of back-up light/glow stick, etc. in case a rear light malfunctions)
1	CPSC Certified Bike helmet

## MANDATORY PADDLING GEAR

Quantity	Items: Lighting is mandatory; other gear is team preference (see below)
-	Boats: USARA will provide canoes. This year, we will be using <a href="#">Wenonah Canoe 16' Adirondacks</a> in Royalex (detail added, 8/2)
-	Paddles and PFDs: USARA will provide paddles and PFDs. You may bring your own paddles (both single blade or double blade are acceptable) and/or your own PFD's – Type III or higher, non-inflatable.
-	Event canoes have 2 seats so teams can bring a 3rd seat if they choose; racers will not be allowed to sit on the middle canoe stay, so we strongly encourage bringing a third seat
1	Paddle bag or means to securely bundle your paddle gear; teams will not be required to carry their paddling gear
5	12-hour chemical lights (minimum of 4" length)
5	zip ties, or some means to secure glow sticks to PFDs/boats (bow and stern)

## RECOMMENDED GEAR

### Items: The following gear is recommended

- Money
- Long pants
- Bike gloves
- Dry bags/trash bag; means to keep gear dry
- Non-GPS-enabled watch
- Bug spray, sunscreen, sunglasses
- Bike odometer/speedometer (more than 1 per team suggested)
- Bike pump or CO2
- Chain tool/bike repair kit
- Spare bike tubes (appropriate sizes for team members' bikes)
- Bike patch kit
- Digital camera; phones are prohibited on the course, unless there is an emergency
- Map case (means to keep maps dry and protected)
- UTM plotting tool; maps will be pre-plotted, this is for back-up/course addendums; if we make course changes, we will provide annotated maps for you to use to mark your own maps; we will also provide UTM data as back-up (added, 8/2)

## PROHIBITED EQUIPMENT

### Items: The following is prohibited

- GPS-enabled devices with screens; USARA will provide instruction on tracking devices like Garmins
- Firearms
- Maps other than those provided by the race organization
- Communication devices other than sealed cellular phone
- Motorized means of transportation including e-bikes
- Night Vision

**IF YOU HAVE ANY QUESTIONS OR DO NOT UNDERSTAND ANY OF THE REQUIRED GEAR ON THE LIST PLEASE CONTACT USARA.**