



Compulsory Equipment 2018	
Suitable backpack	1 per member
Sufficient food and water	Per member
First Aid Kit (please make sure this is a comprehensive kit)	1 per team
Compass	2 per team
Lighter or waterproof matches	1 per team
Survival Blanket	1 per member
Polypropylene top – long Sleeves	1 per member
Polypropylene bottom – long pants	1 per member
Fleece Top (100 series weight min) long sleeves	1 per member
Fleece or woollen hat	1 per member
Whistle	1 per member
Polypropylene or wool gloves	1 pair each
Waterproof Jacket	1 per member
Multipurpose knife (eg swiss army)	1 per team
Cell Phone (fully charged battery)	1 per team
Headlamp or torch with new batteries	1 per member
Mountain Bike (additional equipment for activity)	
**Mountain Bike (in good working order)	1 per member
Cycle Helmet (Please make sure this is suitable for Mountain Biking)	1 per member
Rear red strobe lights (flashing)	1 per bike
Front Light	1 per bike
Repair kit, pump and spare tubes (not compulsory but recommended)	

**not required at gear check

Suggested First Aid

Alcohol wipes (10), Tweezers, Betadine for grazes, Crepe bandages (1x10 cm; 1x15 cm), Saline (30 ml), Triangular bandages cloth (2) (sterile), Pain relief (e.g. Paracetamol), Plastic strip dressing (10–12 band aids), Antihistamine cream (10), Dressing strip, Non-adherent sterile dressings (3 large), Gauze dressings (6) Wound dressing (size 15, sanitary pad), Disposable CPR face shield, Sticking tape (1 roll), Safety pins, Butterfly closures (1 pouch), Needle, Scissors, Notebook, Pencil, Disposable gloves

You should carry out the following Safety Checks on your mountain bike.

Cycle Helmet – safe to wear and no cracks in cover. Head set is tight. Brakes work. Wheels are safe. Tires are in a safe condition. Nothing is bent on bike.

The gear list is compulsory! You must bring it with you for the gear check at race registration. You MUST carry compulsory gear with you at all times on the course with the exception of the specialized bike equipment. There will be random gear checks during the event. Significant time penalties and or disqualification will be applied for breaching this.