



## WINTER ADVENTURE RACE

### Mandatory gear list

Mandatory at all time for all individual:

- ✓ Long sleeved polar or equivalent
- ✓ Sweater made of synthetic material (no cotton)
- ✓ Trousers made of synthetic material
- ✓ Replacement pair of socks
- ✓ Tuque
- ✓ Mittens or gloves
- ✓ Race jersey
- ✓ Water container (min. 2 L capacity).
- ✓ We strongly recommend bringing energy drinks (Gatorade, E-Load, XS Gear or equivalent)
- ✓ 5 energy bars or equivalent (nuts, gels, fruits..).
- ✓ Emergency blanket

Mandatory at all time for the team:

- ◆ Maps --- (provided)
- ◆ Passport --- (provided)
- ◆ Compass
- ◆ Hole puncher
- ◆ Pencil
- ◆ Locking-blade knife
- ◆ Map bag
  
- ◆ First aid kit :
  - 3 closure (butterfly) bandages
  - 1 roll of adhesive tape
  - 1 tube of antibiotic ointment (Polysporin)
  - 3 antibacterial towelettes
  - 1 tensor bandage
  - 3 anti-inflammatory pills (Advil, Motrin, etc.)
  - 1 gauze roll

Cross country ski section only (per person):

- ◆ XC skis (classic or skate)
- ◆ pôles

Snow shoe section only (per person):

- ◆ Snow shoes

Mountain biking section only (per person):

- ◆ Mountain bike
- ◆ Certified safety helmet
- ◆ 1 spare tube

Mountain biking section only (per team):

- ◆ Allen key set
- ◆ Tire pump

Transition area only

- 1- One large bag for team's XC skis equipment and snow shoes
- 2- One bag for food and clothes

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