

THE THUNDER ROLLS



ADVENTURE RACE



Mandatory "Safety" Gear List

***Note: UP-DATED ON 08/06/10
Up-dates in RED!***

Mountain Biking

- Mountain Bike (no cyclocross bikes)
- Spare Inner Tube (1 per person)
- Tire Pump (1 per team)
- Repair Tool (1 per team)
- Bike Helmet
- Bike Gloves
- Front white bike light or headlamp
- Red flashing rear light

Canoeing & Float Tube Portion

- PFD (USGS Approved Type III) per person
- Paddle (you should provide your own paddle)
- Inflatable pack raft – note: all team mates must be able to safely ride in the raft(s). Each team may have up to (3) rafts. You may be required to carry the raft
- (12) 12 Hour minimum Glow Sticks per team
- Throw bag with 25' of ¼" rope minimum per team

Ropes Portion

- Climbing Harness - UIAA Approved per person
- (3) Locking Carabiners per person
- Helmet (Climbing or Bike is ok) per person
- Gloves – Bike Gloves o.k.
- (2) 12" Sewn Nylon Slings per person
- Figure 8 or ATC belay device per person

- NOTE: All of the above ropes gear is required for the 12 and the 24 hour races.

Gear to be carried at ALL times by EACH person:

- Hydration system – 70 oz. minimum
- Folding Knife
- Long Pants or Tights
- Fleece or Polypro top (sized to fit user)
- Water Resistant Jacket
- Beanie Style Hat (stocking hat or balaclava)
- Whistle
- Lighter or Waterproof Matches
- Emergency Blanket
- Headlamp with Spare Batteries
- Back pack sized to hold mandatory gear

Gear to be carried at ALL times by ONE person:

- (3) 4"x4" gauze pads
- Roll of ½ "medical tape or duct tape
- 3" Ace Bandage
- (2) Safety pins
- (10) Anti-inflammatory tablets (Ibuprofen)
- Electrolyte replacement tablets – 10 minimum (Succeed or Hammer)
- **Two (2) Cell Phones with fully charged batteries for 24 hour teams**
- **One (1) Cell Phone with fully charged battery for 12 hour teams**
- Waterproof case(s) for cell phones
- (2) Compasses
- Waterproof Map Case
- **FOR 24 HOUR RACE TEAMS ONLY – Two (2) hand held walkie talkies with a minimum 12 mile range and two (2) sets of replacement batteries for them. Sized to fit radios.**

For Additional Information contact: Gerry Voelliger,
Race Director at gerryv@teamhighprofile.com