

Adventure Trek 2010

Equipment

The following is a list of general equipment that will be needed. We have broken down the equipment into what is needed for the different race legs.

Base Camp Gear

- Mess Kit or equivalent (no paper goods at Adventure Trek (think no-trace)
- Something to hang mess kit in for drying (mesh bag)
- Tent(s) (for the team)
- Sleeping bag
- Sleeping pad
- Pillow
- Personal gear

Clothing

- Convertible Pants
- Wicking Jersey
- Hat
- Light waterproof jacket
- Polar fleece Jacket
- Hiking boots
- Something Warm for night time
- Adventure Trek event shirts will be provided for everyone.

Boating

- Swim suit
- Water shoes
- Water gun (optional rafting)

Cycling

- Mountain Bike, Fitted correctly
- Two bike water bottles and cages (or water backpack)
- Flat Tire repair kit
- Frame pump
- Fitted helmet

- Bike Bag/backpack to carry lunch & other items
- Cycling shoes, etc (optional)
- Cycling gloves (optional)
- Compression Shorts (optional)

Backpacking

- Fitted backpack
- Two water bottles
- Water filter or purification tablets 1-2 per team
- Backpacking Stove 1-2 per team
- Pot
- Pan
- Stirring Spoon/cooking utensils
- Mess kit
- Clean up kit
- Compass & GPS (one per team)
- Backpack Tent (not the tent used in base camp) – you can also sleep under the stars and not use a tent if you wish
- Sleeping bag & sleeping pad
- Space blanket
- Whistle
- All ten essentials: • Pocketknife • First Aid Kit • Extra Clothing • Rain Gear • Canteen or Water Bottle • Flashlight • Trail Food • Matches and Fire Starter • Sun Protection • Map and Compass

Support Team Equipment

- Bicycle Carrier, trailer, etc for transporting bikes to the event
- Vehicle(s) that can seat the team plus the adult support crew