Mandatory Gear list for END-SPAR 2014

Mandatory gear is indicated in bold. *Recommended gear is in italics*

Gear to be carried at all times (per person unless otherwise noted) - Bold gear is mandatory, italicized gear is optional.

- **Compass** (1 per team)
- **Maps/passport/race rules** (1 per team, provided by ENDracing)
- **Capacity to carry 1 liter of water** (backpack with hydration bladder recommended but not required)
- **Permanent marker** (1 per team)
- **Cell Phone** (sealed in waterproof bag - 1 per team)
- **Team Punch wrist band** (provided by ENDracing)
- **PFD** (type III or equivalent)

Mystery Challenge Gear Note, Mystery challenges are optional! Bold gear is required for particular challenges, but not required if you plan on skipping them - but then why would you want to do that?)

- Challenge 1: **a pair of Safety goggles/glasses** (per team) - sunglasses count.
- Challenge 2: ENDracing will provide all equipment
- Challenge 3: No additional equipment needed

Other Optional or Recommended Gear

- *UTM plotter (will be needed if pursuing some optional CPs)*
- *Sunscreen*
- *bug-dope (may not be needed)*
- *Chapstick*
- *sunglasses, sun hat or visor*
- *Food and electrolyte drink*
- *small first aid kit (blister repair, abrasions, athletic tape, ibuprofen, etc. basically anything you might need to repair or treat minor injuries that might occur but not keep you from continuing the race)*
- *Insulating layers (Cotton is NOT an insulating layer)*
- *Base layers (again, we recommend no cotton! wool is our favorite, but poly-pro works too)*
- *Extra socks (NO cotton!)*
- *Hat for warmth (weather dependent)*
- *shell jacket (waterproof breathable is ideal, weather dependent)*
- *Clean, dry clothes for the finish line!*

Gear required for biking leg (per person unless otherwise noted)

- **Mountain or cross bike***
    - *cross bike must have 36mm or bigger tires to make things fair!

- **Approved bike helmet** (Snell, Ansi, etc)
- *portable bike pump - make sure it works! (per team)*
- *spare tube*
- *bike tools (set of allen keys, tire changing supplies, spare sections of chain, etc)*
- *biking shoes*
- *Tow system (very recommended if you are trying to be competitive!)*
- *bike computer (helpful for measuring distances)*

Gear required for pack-rafting section: Keep in mind we're having a late spring though so the water may be quite cold! Bolded items required gear

- **Pack-raft(s) -** able to transport entire team on the water. You may choose one raft for the entire team or multiple rafts. You can choose any sort of 'watercraft', including inner tubes.
- **Air pump,** or other means of inflating the rafts (you will arrive at a TA to uninflated rafts and no electricity. Most purchased rafts will include a foot pump of some sort. END racing will provide some pumps as well, but these will be used on a first come, first served basis)
- **PFD** (coast guard approved) - to be worn at all times while on the water. You will be required to carry these PFD's for some duration during the race as they will be used elsewhere on the course.
- *Dry bag--nice to keep some clothes dry!*
- *Water clothing - paddle top, wetsuit pants, splash pants or top… you get the idea! Check out the NRS website and look at the technical outerwear and wetsuit section for ideas, then find deals on google shopping! Or cut up you old wettie (as they say in New Zealand) to save weight. Or just resign yourself to dealing with potentially cold water… it's only a 10 hour race after all.*
- *Paddling implement - some means, other than your hands, to propel the raft in water is recommended - although not required. You will be travelling with potentially fast moving current for this section. Typical paddling implements include break apart kayak paddles, hand paddles, or similar.*
- *Repair kit - for raft repair, in case of puncture. Tyvek Tape or Duct tape might suffice in a pinch, although most rafts will include at least one repair patch.*