













The Hard Fall Adventure Race

-- Mandatory Gear List --





ALL TIMES - ALL DISCIPLINES				
Yes/No	Name	Image	Quantity	Description
	Whistle		1 x per competitor (no share)	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
	Light Source (Headlamp)		1 x per competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g. headlamp, cycle lights.
	Shell Layer Top (Jacket)		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have hood, seams tape sealed and be suitable for potentially extreme conditions in an adventure race.
	Baselayer Head (Beanie)		1 x per competitor	Beanie (or Buff) must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn over your hair/skin. Beanie may either be carried or worn.
	Survival Blanket (Space Blanket)		1 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility.
	Magnetic Compass		2 x per team	Quality compasses for accurate navigation. Watch compasses do not meet these requirements.












	Cell Phone		1 x per team	Cell phone with fully charged battery, turned off and in waterproof bag/container for emergency use only. Race organizers will provide advice on specific cell network (if required) and seal phones in security bags before the race. A smart phone maybe used to meet this requirement.
	Fire Starting Device		1 x per team	Waterproof matches, gas cigarette lighter, flint and steel are all acceptable fire-starting devices.
	Knife		1 x per person	Minimum blade length 2.5" and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while paddling.
	Course Information and Maps		1 x per competitor	Course maps, course notes and passport/ control card, provided by organizers, appropriate for section of the race teams are completing. All maps provided will be on waterproof paper but should still be protected against the elements.
	First Aid Kit		1 x per team	You will need to bring your own first aid kit as part of your mandatory gear. We recommend the Adventure Medical Kits Ultralight .7 (http://www.rei.com/product/695383). This has all the required medical supplies. Medical support will be available at some TA's.
	GPS Tracker		1 x per team	Provided by race organizers. Must be carried and used in accordance with direction of race organizers.
	Water Purification		1 x per competitor	Method to purify water (purification tablets, iodine, filter etc.)
	Duct Tape		1 x per competitor	Duct tape (minimum 10 feet)





















ALL TIMES – MOUNTAIN BIKE DISCIPLINE – ALL ARWS RACES

Must be taken on all bike sections. May be cached and retrieved.

Yes/No	Name	Image	Quantity	Description
✓	Mountain Bike		1 x per competitor	Mountain bike. Must have approximately straight handlebars. (Not drop bars) and at least ONE of these two features.... <ul style="list-style-type: none"> • Mechanical suspension (not just a flexible frame). • Tire size of 44mm (1.75inch) or greater
✓	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g., CE, UIAA or country equivalent)
✓	Front Light		1 x per competitor	Front facing white light. May be head or handlebar mounted. Must be turned on from sunset to sunrise or in reduced visibility when the bicycle is on a road that may have vehicles.
✓	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Must be clearly visible from behind, on both sides, at a distance of 100 meters. If the light cannot be mounted centrally, two lights may be required. Must be turned on from sunset to sunrise or in reduced visibility at all times when the bicycle is being ridden. Must also be turned on from sunset to sunrise or in reduced visibility when the bicycle is on a road that may have vehicles. Recommended: spare rear light carried by team.

<div>  ALL TIMES – PADDLE DISCIPLINES </div>				
Yes/No	Name	Image	Quantity	Description
	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor (no share)	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while performing and water based activity. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy. PFD with bladder and storage pockets are acceptable. Provided <div>Note: All PFD's supplied by racer (Not GMARA)</div>
	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
	Paddle		1 x per competitor	Teams bringing their own packrafts must bring their choice of paddles. Teams having packrafts supplied by the race organization will be given double bladed kayak paddles.
	Packraft(s)		as per race organizer	Packrafts, supplied by racer or race organization. All racers must have a seat (can't use single packraft for 2 people)
	Strobe		1 x per team	Must be flashing white light 360 degree visibility, waterproof to 1m or greater, rated for visibility beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. Can be used in an emergency situation (on both land and sea) to alert others to your location. Headlamps or cycle lamps that flash are not acceptable.

<div>  FIRST AID KIT - ALL TIMES - ALL DISCIPLINES </div>				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 metres and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localized pressure to site of injury or wound.
	Triangular Bandage		1 x	This bandage in shape of right angle triangle can be used to make a sling, as normal bandage and other applications.
	Wound Dressing (Sterile)		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended.
	Strapping Tape (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
	Antihistamine (strong)		4 x adult doses minimum	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction.

<div>    TA Boxes and Bags </div>				
	Paddle Bag			Paddle bag or large duffel bag. 1 for two person teams. 2 for three or four person teams
	Gear boxes			Waterproof, 27gal. 1 per team regardless of size

Recommended Team Equipment:

- Waterproof map bag
- Pen/Pencil/Markers etc to mark maps and passport
- Watch
- A few bucks in case you pass a gas station and want a coke or something.

Recommended Stage Equipment:

- Tire pump
- Spare tube
- Extra batteries for lights
- Electric inflator for packraft

Prohibited Equipment:

- GPS
- Pedometer
- Firearms