

SMAC 2010 July Sprint Adventure Race

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Mandatory Gear List

The following list is current as of **Thursday, July 15, 2010**. This list represents all the gear that racers and teams will need to carry with them through the various stages of the SMAC10-hour Sprint Race.

NOTE UPDATES ARE SHOWN IN Red

TEAM EQUIPMENT (gear to be carried by one member of each team for the ENTIRE event)

- 1:24,000 UTM Grid Tool
- **Strait Edge for gridding USGS maps (retractable metal tape measurer works well)**
- Over 4oz Deet over 25 percent by volume is recommended or equivalent
- Red ball point pen (thin tip waterproof marker is recommended)
- Black ball point pen (thin tip waterproof marker is recommended)
- Pencil (mechanical preferred)
- Waterproof map case (we are recommending that both members have a map case as we will be providing both teammates with maps for most stages)
- Team cell phone (redundantly sealed in watertight bag—number must match the one provided in the application)
- Maps and race course supporting information (provided at sign up)
- Waterproof first aid kit. Contents to include the following as a minimum:

Electrolyte replacement salts, 24 tablets or equivalent (Hammer Nutrition Endurolytes or equivalent) premixed replacement drinks will not be recognized (Gatorade, Poweraid, etc.)

(1) Closure bandage (butterfly)

(1) Roll adhesive tape

(10) Adhesive strips (Band-Aids)

(1) Moleskin, 6in square inches or 15inx2in duct tape

(1) 2inx5in gauze roll

(1) Antibacterial ointment or cream

Scissors

(1) 2in elastic ace bandage

(10) Anti-inflammatory tablets (Ibuprofen, etc.)

4oz Sunscreen (15 SPF min.)

Lip balm

INDIVIDUAL MANDATORY EQUIPMENT (gear to be carried by each member of the team for the ENTIRE event)

- Backpack or fanny pack **with watertight liner OR waterproof bag (only commercially made pack liner or dry bags no garbage bags) with a capacity to carry the teams individual and team gear. (excluding, bike, canoe, paddles, PFD, Helmet)**
- \$5.00 Cash
- Hydration system ~~70~~ 100 oz. min.
- Knife with fixed or folding blade
- Whistle
- Compass
- Eye protection
- ~~PFD (coast guard type 1, 2 or 3)~~

INDIVIDUAL MANDATORY EQUIPMENT (gear to be carried by each member of the team for the applicable stage)

Mountain Bike Stage:

- Mountain Bike
- Bike helmet
- Flashing rear mounted light
- Spare inner tube (1 per person)
- Multi tool (1 per team)
- Tire pump or pressurized inflator (1 per team)
- Bike locking system – Optional Item Competitors could be required to leave bikes unattended, SMAC will not be responsible for missing equipment. (locking system should be large enough to secure bikes to a large tree)

Canoe Stage:

- PFD ([coast guard type 1, 2 or 3](#)) With sufficient buoyancy to keep head out of water
- One Canoe per team
- Canoe or kayak paddle (Note personal paddles must be transported by teams between transition areas)
- One tethered bilge pump or bailer
- Canoe / Bike locking system – Optional Item Competitors could be required to leave these items unattended, SMAC will not be responsible for missing equipment. (locking system should be large enough to secure canoe to a large tree)
- Heavner Canoe Livery will be providing rentals with pickup and delivery service to the race site. Visit heavnercanoe.com or call (248) 685-2379 to reserve your equipment. Note gear for the canoe stage is the racer's responsibility. DO NOT RESPOND TO SMAC ABOUT CANOE RENTAL. Racers that plan on using Heavner for their canoe rental need to know that Heavner will NOT be providing PFD with the Canoe rental. However, it might be possible to purchase a used PFD from Heavner prior to the event as he sometimes will sale his older PFD's outright but supplies will be limited. If you have any questions please contact Alan Heavner directly.

Fixed Ropes Stage:

- Helmet (bike helmet is acceptable)
- Leather Gloves (full fingered)
- **Climbing Equipment (use ours or provide your own—see note)

**** INDIVIDUAL** Optional Equipment for Tyrolean Traverses or Zip Line

SMAC will be providing the gear for the fixed ropes sections, but individuals can have the option to furnish their own gear. Note that if we are on hold because of a shortage of equipment we plan to allow teams that are ready, to go with their own gear onto the ropes.

- Climbing harness
- ~~Repeal Device: ATC only~~
- One - runner (30", 36" or 48")
- Two Carabineers locking type (min. 4000 Lbs breaking strength)
- ~~Two One 24" slings or 48in can be doubled to equal the two 24"s Sewn Sling or Daisy Chain~~
- ~~6mm to 8mm 15in to 24in Prusik / Triple Sliding Hitch~~
- ~~Pulley with ball or needle bearing (swinging or fixed side plates but must accommodate 1/2" rope)~~
- One pulley with steel sheave (pully)
- PFD ([coast guard type 1, 2 or 3](#)) With sufficient buoyancy to keep head out of water

All climbing gear must be UIAA or CE approved. Basically if you buy it from any local

outdoor retailer store it will be likely be approved gear. The Planet Rock team that will be manning the rope section will make the final decision on what will be accepted.

NOTE: We will have unannounced gear checks during the race so be prepared!