

MANDATORY GEAR

The equipment racers carry into the backcountry is critical.

Due to the length of the course and varying conditions, each team must be independently prepared for a 24-hour bivouac if circumstances dictate. The following list are the essentials required to race, however teams should exercise their own backcountry sense as to what supplementary gear they may wish to carry.

**Mandatory Gear will be checked during the Gear Check process of Athlete Clearance.
Skis and boots do NOT need to be presented for inspection at Gear Check.**

Individual Gear Each participant must carry this gear.			
Skis	Skis of any type can be used. No split boards.		
Boots	Commercially manufactured boots with over the ankle cuffs at least 15cm tall, measured from the heel sole.		
	Boots must be compatible with bindings, designed for un-groomed backcountry terrain.		
Bindings	Skis must be fitted with bindings that allow free movement of the heels for ascending. Bindings must accommodate a ski retention system suitable for ski area use.		
Poles	Pair alpine or cross-country ski poles. (A broken pole seriously impairs a team's ability to travel. A spare pole, or pole repair splint is recommended)		
Climbing Skins	Good quality, cut to fit skis, easily removable / fixable. (Extra skin pairs and/or kick wax is highly recommended)		
Helmet	Helmet suitable for mountaineering, climbing, ski mountaineering or cycling.		
Neck & Face Protection	Neck gaiter, balaclava, or Buff.		
Eye & Skin Protection	Sunglasses, Goggles & Sunscreen		
Base Layer	Non-cotton, Top & bottom (race skin suite qualifies)		
Insulation Layer	Jacket - Must be warm down / synthetic.		
	Pants - Must be warm down / synthetic - OR - heavy weight fleece or wool. (each racer must be independently prepared for a self-supported, 24-hour bivouac. These items are a critical part of your warmth strategy in the event of a bivouac.)		
Wind Shell	Jacket & Pants – Must be windproof & water resistant. (Not race skin suit!)		
Extra Socks	Non-cotton. (additional to socks worn during race)		
Gloves	<u>2 pairs</u> - Each racer must have two pairs, gloves or mittens.		
Warm Hat			

Winter Survival System			
Pack	Sufficient to carry all required gear.		
Food and Water	Minimum 100 oz. hydration. Food to sustain 24 hours.		
Headlamp	Each racer must wear a headlamp.		
Sleeping Pad	Minimum 20" x 45" x 1/2" with a minimum R-value of 2. Closed cell foam pads or inflatable pads with a patch kit. (No yoga mats or open cell foam mats (absorb water))		
Avalanche Rescue System			
Avalanche Transceiver	Transceivers must be worn on the body, NOT in a pack, and be transmitting at ALL times during the race.		
Avalanche Shovel	Minimum blade size of 7.9" x 7.9" (20 x 20cm). Minimum handle length of 13" (33cm).		
Avalanche Probe	Minimum length of 7.5' (230 cm). Commercial quality, dedicated probe pole. (This is not a ski pole!)		

Team Gear The following items can be shared between two team members.			
Emergency Shelter	<u>Two-Person Shelter</u> (bivy sacks, tent fly's or tarps will NOT pass) Appropriate shelters include: <ul style="list-style-type: none"> • Rab - Superlight Shelter • Brooks Range - Ultralite Alpini Shelter 200 • Terra Nova Bothy • Black Diamond - Mega Light, Beta Mid, Beta Light. • Any commercially manufactured tent with walls and appropriate poles. 		
Navigation	<u>Course Map</u> - Waterproof map of course route.		
	<u>Compass</u> - No electronic compasses.		
	<u>Altimeter</u> - Cell phone applications are permitted with the addition of <i>external battery supply for phone</i> .		

Stove, Fuel, Pot w/ Lid & Igniter	<u>Commercial quality stove</u> - Must be capable of melting snow in sub-zero temperatures. <i>Solid fuel stoves (Esbit) NOT permitted</i>		
	<u>Fuel & Igniter</u> - Full fuel container, Matches and/or Lighter. <i>Propane (isobutene mix) is the recommended fuel as butane is not an appropriate fuel at below-freezing temperatures.</i>		
	<u>Pot with lid</u> - Minimum capacity 20 oz.		

Repair Kit (<i>minimum</i>)	<u>Spare Pole Basket</u> (pole repair splint highly recommended)	
	<u>Multi-tool</u> - Minimum components include knife, pliers and screwdriver.	
	3' of duct tape	
	3' of bailing wire	
	3' of 2mm cord	
	1 spare headlamp	
	1 set of spare batteries for headlamps	
Nordic Ski Systems ONLY	<u>Spare Binding & Mounting Screws</u> - Nordic racers must carry a spare binding. (If Nordic teammate's do not share the same ski binding, each teammate must carry their specific spare binding)	
First Aid Kit (<i>minimum</i>)	4 large safety pins and triangular bandage	
	3' of 3" wide Coban (or other self-adherent wrap)	
	Band-aids	
	2 - 4"x4" gauze pads	
	Surgical ABD or Sanitary Napkins (or some means to manage heavy bleeding)	
	Prescription meds racers require. Over the counter pain relievers if desired	
Blister Kit (<i>minimum</i>)	Alcohol swabs	
	Moleskin or second skin	
	3' of athletic tape	

Satellite GPS Messenger*	<u>SPOT or Delorm Tracking Beacon</u> * Must be capable of sending an SOS distress signal. Rented tracking beacons will be distributed at the Mandatory Pre-Race Check, Friday, starting at 10:30 PM in the Lodge at Mountaineer Square Ballroom.	
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Tracking Beacons

Tracking beacons are required as a safety measure to enable rapid response to a medical emergency on course. During online registration, teams will choose to either have a rental SPOT tracking/SOS beacon supplied to them, or may choose to link their personally owned **SPOT**, or **Garmin inReach** to the tracking database.

The following fees apply:

Rent SPOT Beacon - \$40

Link personal SPOT or Garmin inReach - \$15

Personal beacons must have "Tracking" enabled (subscription based), in order to link to the tracking application - www.trackleaders.com Personal beacon users will be required to submit device **ESN Serial Number** and **Share Page URL Link**. In the days prior to the race, you'll be instructed to log tracking points to ensure your device is functional. **LINK PERSONAL BEACON HERE >>>**

* Note on Live Race Tracking *

Live tracking is NOT a flawless system. Teams being tracked online may at times display an erratic track, or even freeze in place due to poor transmission signal. Virtual spectators viewing online should be informed of tracking imperfections, and be advised to not become alarmed if your team is stalled out on tracking map.