

Grand Traverse Mandatory Gear List - 2020

Racer's Last Names: _____ Bib #: _____

Approved: _____ Items Not Approved: _____

(Gear Checker - initial above to clear team to race. Note items that did not pass, or are missing)

Individual Gear Each participant must carry the following individually			
Skis	Skis of any type can be used. No split snow 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. All 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 <i>highly recommended</i>)		
Helmet	Helmet suitable for mountaineering, climbing or cycling. Must be worn for duration of event.		
Eye & Skin Protection	Sunglasses & Goggles & Sunscreen Product		
Face Protection	Neck gaiter (buff) - OR - balaclava		
Base Layer	Non-Cotton - Top & Bottom layer (skin suite qualifies)		
Emergency Insulation Layer	<u>Jacket</u> - Warm Down / Synthetic. <u>Pants</u> - Warm Down / Synthetic - OR - <i>heavy weight</i> Fleece / Wool Every 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. If you have doubt whether your intended layer will qualify, bring alternate layers to gear check.		
Wind Shell	<u>Jacket & Pants</u> – Windproof & Water <i>resistant</i> (This is NOT your skin suit!)		
Extra Socks	Non-Cotton (In addition to socks worn during race)		
Gloves	2 pairs - each racer must have two pairs, gloves or mittens.		
Warm Hat	Non-Cotton		

Pack	Sufficient to carry all required gear.		
Food and Water	Minimum 100 oz. Hydration & Food to sustain 24 hours.		
Headlamp	Headlamp must be worn on every racer.		
Sleeping Pad	Minimum 20" x 45" x 1/2" with a minimum R-value of 2. Closed cell foam pad - OR - inflatable pad with a patch kit. (No yoga mats, or open cell foam mats (absorb water))		
<i>Avalanche Rescue System</i>			
Avalanche Transceiver	Transceivers must be worn on the body (NOT carried in a pack), and must be transmitting at all times during 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 <i>The following items can be shared between team members</i>			
Emergency Shelter	<p><u>Two-Person Shelter</u> (<i>bivy sacks, tent fly's & tarps</i> do NOT qualify)</p> <p><i>Appropriate shelter examples:</i></p> <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	<p><u>Course Map</u> - Waterproof map sufficient for navigation <i>Recommended – Latitude 40 Crested Butte-Aspen-Gunnison Trails</i> (No laminated xerox copies)</p>		
	<p><u>Compass</u> - No electronic compasses.</p>		
	<p><u>Altimeter</u> - Cell phone applications are permitted with an <i>external battery supply for phone.</i></p>		

Emergency Heat Source	<u>Commercial Quality Stove</u> - Must be capable of melting snow in sub-zero temperatures in bivouac. <i>Solid fuel stoves (Esbit) NOT permitted</i>	
	<u>Fuel & Igniter</u> - Full Fuel Container with Matches or Lighter. Propane (isobutene mix) is the recommended fuel as butane is not an appropriate fuel at below-freezing temperatures.	
	<u>Pot with Lid</u> - Minimum capacity 20 oz.	
Repair Kit (<i>minimum</i>)	<u>Spare Pole Basket</u>	
	<u>Multi-tool</u> - minimum components include - <i>knife, pliers & screwdriver</i>	
	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 ski participants must carry a spare binding. <i>If nordic teammate's do not share the same ski binding, each teammate must carry their specific spare binding</i>	
First Aid Kit (<i>minimum</i>)	4 - Large Safety Pins & Triangular Bandage	
	3' of 3" wide Coban (or other self-adherent wrap)	
	Band-aids	
	2 - 4" x 4" gauze pads	
	Surgical ABD or Sanitary Napkins (or some means to manage heavy bleeding)	
	Racer's personal prescription meds. Over the counter pain relievers if desired.	
Blister Kit (<i>minimum</i>)	Moleskin / Second Skin / chosen blister treatment	
	Alcohol swabs	
	3' of athletic tape	

Satellite Tracking Beacon / Messenger	<u>SPOT - OR - inReach Tracking Unit</u> Must be capable of sending SOS distress signal *Rented tracking beacons will be distributed the night of the race, starting 10:30 PM at the mandatory pre-race check.	RENT	OWN
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