

# Grand Traverse Mandatory Gear List - 2022

Racer's Last Names: \_\_\_\_\_ Bib #: \_\_\_\_\_

Approved: \_\_\_\_\_ Items Not Approved: \_\_\_\_\_

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

<b>Individual Gear</b> 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. <b>All bindings must accommodate a ski retention system suitable for ski area use.</b>		
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. <i>Extra skin pairs are recommended. (5 pair total per team)</i>		
Helmet	Helmet suitable for mountaineering, climbing or cycling. Must be worn for duration of event.		
Pack	Sufficient to carry all required gear.		
Eye & Skin Protection	Sunglasses & Goggles & Sunscreen Product		
Face Protection	Neck gaiter (buff) - <b>OR</b> - balaclava.		
Base Layer	Non-Cotton - Top & Bottom layer (skin suite qualifies)		
<b>Emergency Insulation Layers</b>	<b><u>Jacket</u></b> - Warm Down / Synthetic. <b><u>Pants</u></b> - Warm Down / Synthetic - <b>OR</b> - <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.		
Wind Shell	<b><u>Jacket &amp; Pants</u></b> – Windproof & Water <i>resistant</i> (This is NOT your skin suit!)		
<b>Extra Socks</b>	Non-Cotton (In addition to socks worn during race)		
Gloves	<b>2 pairs</b> - each racer must have two pairs - gloves / mittens.		
Warm Hat	Non-Cotton		

Food and Water	Minimum 100 oz. Hydration & Food to sustain 24 hours.		
Headlamp	Headlamp must be worn on every racer.		
Sleeping Pad	<b>Minimum 20" x 45" x 1/2"</b> with a minimum R-value of 2. Closed cell foam pad - <b>OR</b> - inflatable pad with a patch kit. (No yoga mats, or open cell foam mats (absorb water))		
<b><i>Avalanche Rescue System</i></b>			
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 <b>blade size</b> of <b>7.9" x 7.9"</b> (20 x 20cm). Minimum <b>handle length</b> of <b>13"</b> (33cm).		
Avalanche Probe	Minimum length of <b>7.5'</b> (230 cm). Commercial quality, dedicated probe pole. (This is not a ski pole!)		

**Team Gear**    *The following items can be shared between team members*

Emergency Shelter	<p><u>Two-Person Shelter</u> <i>Bivy sacks, tent fly's &amp; tarps do NOT qualify</i></p> <p><b><i>Appropriate shelter examples:</i></b></p> <ul style="list-style-type: none"> <li>• Rab - Superlight Shelter</li> <li>• Brooks Range - Ultralite Alpini Shelter 200</li> <li>• Terra Nova Bothy</li> <li>• Black Diamond - Mega Light, Beta Mid, Beta Light.</li> <li>• Any commercially manufactured tent with walls and appropriate poles.</li> </ul>		
Navigation	<p><u>Course Map</u> - Waterproof map sufficient for navigation <i>Recommended – <a href="#">Beacon Guidebooks Grand Traverse Race Map</a></i> <b><i>Insufficiently detailed xerox map copies not permitted.</i></b></p>		
	<p><u>Compass</u> – Sufficient for navigation. No electronic compasses.</p>		
	<p><u>Altimeter</u> - Cell phone applications are permitted with an <i>external battery supply for phone.</i></p>		

2022 Grand Traverse Mandatory Gear List

<b>Emergency Heat Source</b>	<u>Commercial Quality Stove</u> - pressurized fuel system preferred. Must be capable of melting snow in sub-zero temperatures in bivouac. Alcohol burners permitted with minimum of 4 oz. liquid fuel. <b>NO Solid fuel stoves (Esbit)</b>	
	<u>Fuel &amp; Igniter</u> - Full Fuel Container with Matches / 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 <b>20 oz.</b>	
Repair Kit <i>(minimum)</i>	<u>Spare Pole Basket</u>	
	<u>Multi-tool</u> - minimum components include - <i>knife, pliers &amp; screwdriver</i>	
	3' of duct tape	
	3' of bailing wire	
	3' of 2mm cord	
	1 spare headlamp	
	1 set of spare batteries for headlamps	
<b>Nordic Ski Systems ONLY</b>	<u>Spare Binding &amp; 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 – Garmin inReach Tracking Unit</u> <b>Must be capable of sending SOS distress signal.</b> <b>*Rented tracking beacons will be distributed the night of the race, starting 10:30 PM at the mandatory pre-race check.</b> Link Personal Tracking Unit - <a href="https://tinyurl.com/c5h9zhwa">https://tinyurl.com/c5h9zhwa</a>	RENT	OWN
---------------------------------------	---	------	-----

2022 Grand Traverse Mandatory Gear List

--	--	--	--