

Grand Traverse Mandatory Gear List - 2023

Racers' Last Names: _____ Bib #: _____

Gear Judge Initial _____ Approved: **Y / N** If **NO**, racers must report to Failed Gear Check Booth

Items Not Approved: _____

Failed Gear Check Approval Initial: _____

Skis, boots, and poles are not necessary for gear check. ALL other equipment must be inspected during Gear Check. First time racers should check in on Friday

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 15 cm 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. <i>A broken pole seriously impairs a team's ability to travel. A spare pole, or pole repair splint is recommended</i>		
Climbing Skins	2 pairs/person Good quality, cut to fit skis, easily removable / fixable. <i>1 Extra pair/ team is recommended</i>		
Helmet	Helmet suitable for mountaineering, climbing, ski mountaineering or cycling.		
Pack	Sufficient to carry all required gear.		
Neck & Face Protection	Neck gaiter, balaclava, or Buff.		
Eye Protection	Sunglasses & Goggles		
Base Layer	Non-cotton, Top & bottom <i>Skin suit qualifies</i>		
Emergency Insulation Layer	<u>Jacket</u> - must be warm down / synthetic puffy. <u>Pants</u> - must be warm down / synthetic puffy <i>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.</i>		
Wind Shell	<u>Jacket & Pants</u> – must be windproof & water resistant. (This is not your skin suit!)		
Extra Socks	2 pairs/person. Non-cotton. (one pair is worn during race)		
Gloves	2 pairs/person gloves or mittens. 1 pair MUST be insulating		
Warm Hat	Wool or synthetic <i>no cotton</i>		

Winter Survival System			
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 transmitted 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 flies or tarps will not pass) Appropriate shelters include: <ul style="list-style-type: none"> ● Rab- Superlite Shelter ● Brooks Range Ultralite Alpini Shelter 200 or 400 (2 or 4 person). ● Terra Nova Bothy 2 (or greater) ● 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. <i>Recommended-</i> Beacon Guidebooks Grand Traverse Race Map Insufficiently detailed xerox map copies not permitted		
	<u>Compass & Altimeter</u> - Must be sufficient for navigation <i>Smart watch or Cell phone applications are permitted with external battery supply packs and must work without cell service</i>		

Emergency Heat Source	Commercial quality stove - Pressurized fuel system recommended Must be capable of melting snow in sub-zero temperatures in a bivouac Alcohol burners permitted with minimum of 4 oz liquid fuel NO Solid fuel stoves (Esbit)	
	Fuel & Igniter - A full fuel container Matches/ lighter. <i>Propane (isobutene mix) is the recommended fuel as butane is not an appropriate fuel at below-freezing temperatures.</i>	
	Pot with lid - Minimum capacity 20 oz.	
Repair Kit (minimum)	Spare Pole Basket (pole repair splint highly recommended)	
	Multi-tool - Minimum components include knife, pliers and screwdriver.	
	3' of duct tape	
	3' of bailing wire	
	3' of 2mm cord	
	1 spare headlamp with fresh batteries	
Nordic Ski ONLY	Spare Binding & Binding Screws) (each racer must carry spare if teammate's do not have the same nordic binding)	
First Aid Kit (minimum)	4 large safety pins and triangular bandage	
	3' of 3" wide Coban (or other self-adherent wrap)	
	Band-aids	
	2 each gauze pads <i>minimum size 3x3</i>	
	Surgical ABD or Sanitary Napkins (or some means to manage heavy bleeding)	
	Prescription meds racers require. Over the counter pain relievers if desired	
	Sunscreen	
Blister Kit (minimum)	Alcohol swabs	
	Moleskin, Second Skin, or chosen blister treatment	
	3' of athletic tape	

Satellite Tracking Device/ Messenger	<u>SPOT or Garmin InReach Tracking Unit</u> <i>Must be capable of sending an SOS distress signal.</i> Rented units will be distributed during beacon check, Friday, beginning 10:30 PM in the Lodge at Mountaineer Square Ballroom. Link Personal Tracking Unit <i>trackleaders</i>	RENT	OWN
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