



## Muskoka River X SPRINT Mandatory Gear List

Team Number & Name: \_\_\_\_\_

Category: \_\_\_\_\_

Pass / Fail : \_\_\_\_\_ (Race Staff)

| MINIMUM TEAM REQUIRED GEAR   | PER TEAM                          |                           |
|--|-----------------------------------|---------------------------|
| Number plate ( <i>provided in race kit</i> )   |                                   |                           |
| Maps and Course Details ( <i>provided in race kit</i> )  |                                   |                           |
| GPS transmitter ( <i>provided in race kit</i> )  |                                   |                           |
| Orange garbage bag ( <i>provided in race kit</i> )   |                                   |                           |
| A buoyant towline of >50ft   |                                   |                           |
| Bailing device ( <i>canoe/kayak only</i> ) In-floor bailer allowed.  |                                   |                           |
| Navigation Lights (battery life x 12 hours of use)   |                                   |                           |
| Signal Light/Beacon (battery life x 12 hours of use) Must be turned on at dusk and must remain on until teams arrive at the Finish Line, or sunrise. Attached to the stern or bow.   |                                   |                           |
| One (1) Cell Phone and water-tight bag   |                                   |                           |
| One (1) Compass  |                                   |                           |
| One (1) Timing device  |                                   |                           |
| Waterproof map bag   |                                   |                           |
| Dry bag  |                                   |                           |
| Waterproof method of starting fire   |                                   |                           |
| One (1) Utility Knife  |                                   |                           |
| Tarp capable of keeping entire team protected from the elements (no plastic bags, emergency blankets, etc.)  |                                   |                           |
| Basic First Aid Kit including (Closure bandages (x8); Adhesive Tape (1 roll); Gauze Roll (1 roll); Blister Pads (x8); Antibiotic Ointment (1 tube); Antibacterial Towelettes (x8); Anti-Inflammatory Tablets (x6); Electrolyte Replacement (x4 servings); Tensor Bandage (1 roll); Scissors (x1) |                                   |                           |
| Hull Repair Kit  |                                   |                           |
| MINIMUM INDIVIDUAL REQUIRED GEAR   | Competitor #1 (C1/Kayak/SUP Solo) | Competitor #2 (C2 Tandem) |
| One (1) paddle   |                                   |                           |
| One (1) Life Jacket must be <u>worn at all times while on the water or in the water</u> (self-inflating PFDs not permitted - Canadian Department of Transportation/U.S. Coast Guard approved)  |                                   |                           |
| One (1) Whistle  |                                   |                           |
| One (1) Emergency Headlamp/flashlight  |                                   |                           |
| One (1) wind/waterproof jacket and pant set.   |                                   |                           |
| One (1) fall-winter/medium-heavy weight full-length top and bottom clothing set ( <i>non-cotton</i> ) + one (1) set medium-heavy weight socks ( <i>non-cotton</i> ): In addition to clothing already worn by the competitor at the start of the race.  |                                   |                           |
| One (1) toque / hat that provides warmth + set of gloves that provides warmth  |                                   |                           |
| Minimum 2 L capacity for hydration   |                                   |                           |
| Means of making clean, drinking water for race + 12 hours  |                                   |                           |
| Emergency Nutrition minimum 1100 calories  |                                   |                           |
| Soled footwear sufficient for portaging  |                                   |                           |
| ADDITIONAL REQUIREMENTS  |                                   |                           |
| Event Waiver per racer   |                                   |                           |
| Medical Form per racer   |                                   |                           |
| \$100 Refundable Deposit for GPS Tracker   | Deposit:                          | Refund:                   |
| Watercraft Make/Model:   |                                   |                           |

Comments on the Back