



## 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. 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		
Shelter/Tarp capable of keeping entire team protected from the elements (no plastic bags, silver 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 REQUIRED GEAR Per Individual Participant	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		
Race Nutrition x 12 hours + Emergency Nutrition minimum 1000 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**