



06.15.19

2019 SCAR Championship Mandatory Gear Checklist

Presented By:



Full Time Mandatory Gear (to be carried at all times during the race)

Per Person

Item	Quantity
2L water capacity (bladder or bottles)	1
Whistle	1
Hat or buff	1
Race Jersey (provided)	1
Long sleeved shirt or light jacket	1
Headlamp	1
Glow-sticks	1

Per Team

Item	Quantity
Compass	1
Knife with fixed or locking blade	1
Cell Phone (full battery) in waterproof container or double ziploc	1
Race Maps (provided)	1
First Aid Kit (minimum items listed below)	1

Cycling Mandatory Gear (to be carried during all cycling sections)

Per Person

Item	Quantity
Bike	1
Certified bike helmet	1
Spare Tube	1

Per Team

Item	Quantity
Tire Pump	1
Tire Levers	1
Chain repair tool kit	1

Paddling Mandatory Gear (to be carried during all paddling sections)

Per Person

Item	Quantity
Approved PFD (Provided)	1
Paddle (provided)	1
Glow-sticks	2 per canoe (stern and bow)

Per Team

Item	Quantity
Canoe with safety pack (provided)	1

*Note: If you choose to provide your own PFD, it must have legible certification from Canadian Coast Guard.

Team First Aid Kit (to be carried at all times during the race)

Item	Quantity
Closure (butterfly) bandages	4
Adhesive tape (1" wide), preferably waterproof	1 roll
Triangular bandage	1
3" x 5' long tensor bandage	1
Antibiotic ointment (eg – Polysporin)	1 tube
Antibacterial towelettes	5
2" x 5' gauze roll	1
4" x 4" gauze pads	4
Antihistamine tablets	4
Scissors & tweezers	1

Forbidden Equipment

Any teams or racers in possession of any of these items during the race will be disqualified.

- GPS device
- Motorized transportation
- Weapons of any sort (except mandatory knife)