



SCI MOUNTAIN CHALLENGE

SUPPORTING MARINERS

SCI MOUNTAIN CHALLENGE MANDATORY GEAR CHECKLIST

MANDATORY GEAR FOR EACH COMPETITOR (1 set per individual participant)

- Waterproof jacket (this is determined by looking inside the jacket at the seams. If the seams are not “sealed” then the jacket does not meet the waterproof standard. Most GORE-TEX® jackets have taped seams)
- Whistle
- Emergency blanket (lightweight, Mylar-type material, thermal)
- Headlamp or flashlight
- Wool or synthetic cap (NOT cotton – wool remains insulated when wet and will dry more quickly)
- Capacity to carry a minimum of one liter of water (although it is strongly recommended to carry 3 liters)

MANDATORY GEAR FOR EACH TEAM (1 set per team)

- Antibacterial ointment
- Small assortment of band-aids
- 3” ace bandage
- 6 doses of anti-inflammatory medication (e.g. Ibuprofen)
- 6 doses of anti-histamine medication (e.g. Benadryl)
- Tweezers
- Sunscreen
- Pocket knife
- Epinephrine for those with anaphylactic reactions (venom allergies, etc.)
- Medical tape
- Gauze pads

SUGGESTED ITEMS

- Dry bag for all gear (Ziploc bags will work)
- Neoprene gloves
- Hydration pack
- Extra pair of lightweight shoes (to wear in the canoe)
- Visor
- Sunglasses with retention strap
- Extra socks
- Anti-blister lubricant (e.g. Hydropel)
- Moleskin
- Easy to eat and access snacks
- Bathing suit for heated pool