



## SCI MOUNTAIN CHALLENGE MANDATORY GEAR CHECKLIST

### MANDATORY GEAR FOR EACH COMPETITOR (one 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 (cell phone flashlights do not apply)
- Wool or synthetic cap (NOT cotton; wool remains insulated and will dry more quickly)
- Capacity to carry a minimum of one liter of water (although it is strongly recommended to carry 3 liters)
- Official race bib (to be given to each competitor at the race materials pick-up at check-in)
- Face mask (to be worn when social distancing between other teams is not possible)
- Hand sanitizer

### MANDATORY GEAR FOR EACH TEAM (one set per team - one individual can carry all or the items can be split up among the team members)

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

### SUGGESTED ITEMS (not required)

- 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