



2017 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 they are not “sealed” then the jacket does not meet the waterproof standard. Most GORE-TEX® jackets have taped seams)
- Whistle (very useful if team gets separated inadvertently)
- Emergency blanket (lightweight, Mylar-type material, thermal)
- Headlamp or flashlight (not on cell phone)
- Wool or synthetic cap (this should NOT be cotton – takes longer to dry if it gets wet)
- Capacity to carry a minimum of one liter of water

MANDATORY FIRST AID/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 antihistamine medication (e.g. Benadryl)
- Tweezers
- Sunscreen
- Pocket knife
- Epinephrine for those with anaphylactic reactions (venom allergies, etc.)

ADDITIONAL (not required)

Suggested specifically for the paddling portion

- Dry bag for all gear (Ziploc bags will work)
- Neoprene gloves
- Hydration pack

SUGGESTED (general items)

- Visor
- Sunglasses with retention strap
- Extra socks
- Anti-blister lubricant (e.g. Hydropel)
- Easy to eat and access snacks