



2010 Metro Trek Urban Adventure Race

— Gear List —



Mandatory individual gear (to be carried the entire race)

**** indicates gear provided by race**

- **Race number
- Drivers license or other picture ID
- \$5.00 Cash
- Leather palm gloves (bike gloves OK)
- Backpack
- Container(s) for water minimum 2 liters
- Long sleeve rain jacket/wind jacket
- Light (headlamp or flashlight)
- Knife w/locking blade 1" min
- Whistle
- Space blanket
- Eye protection (sunglasses)

Team mandatory gear (to be carried the entire race)

- **Passport
- **Map(s)
- Orienteering compass (with ability to shoot a bearing)
- Pen or pencil
- Waterproof map case or Ziploc bag (we recommend 2-3 Ziplocs)
- Cell Phone (fully charged)
- First aid kit min contents: (4) safety pins, (1) moleskin 4-6" square, (2) gauze pads (2" square min), 20' duct tape, (1) Ace bandage wrap (at least 2' long), (8) anti-histamine pills (like Benadryl), (8) anti-inflammatory pills (ibuprofen)

Mandatory bike gear (required for bike sections only **EXCEPT** bike helmet which is to be worn the entire race)

- Bike helmet with chinstrap
- Bike: NO cyclo-cross bikes; YES mountain bike or bike outfitted with "fat" tires suitable for off-road cycling
- Extra bike tube (individual gear)
- Bike pump and tire lever (or CO2 cartridges) (team gear)

Mandatory paddle gear (required for the paddle sections only)

- **Canoe
- **PFD (to be worn the entire paddle section)
- **Paddle

Recommended gear (NOT mandatory)

- Extra clothing (socks, dry shirt, warm hat)
- Sunscreen
- Extra cash to purchase food/water during race
- Extra pen, pencils, highlighters for map work
- Long pants or tights
- Bug spray
- Disposable camera

Prohibited Equipment

- GPS or Timex Body-link systems
- Radio
- Weapons

Any non-authorized mode of transportation not specifically approved by race staff (use of elevators, escalators, etc)