



MANDATORY GEAR CHECKLIST

(must be carried from start to finish of race)

Bikers: Fat tire bikes only. Minimum of a 3.7 tire width. Don't ask and don't show up with a traditional sized tire bike or plus size tires (3.0).

Foot: Your choice on footwear and if you want to bring snowshoes or not.

Skiers: Your choice on ski type (skate, traditional, randonee). Front (white) and rear (red) safety lights and/or reflective tape/clothing. Don't show up with single LED key chain lights...bring real riding safety lights!

Bikes: Both lights mounted on the bike, turned on at all times and visible to others.

Foot: Rear light mounted to sled or backpack. Headlamp on facing forward and/or ample reflective material or tape on body/equipment facing forward.

Ski: Rear light mounted to sled or backpack. Headlamp on facing forward and/or ample reflective material or tape on body/equipment facing forward.

200KM

- Front and rear safety lights. White front, red back. Turned on at all times and visible to others. Don't show up with single LED key chain lights...bring real safety lights!
- In addition to the safety lights you will need to carry a headlamp or another light that is adequate. Yes, to make the cut off times you will need to race in the dark.
- Ability to carry 48oz of water with out freezing (Insulated bottles of sorts or hydration system next to body)
- 0°F sleeping bag or colder
(It can easily be 20 below)
- Insulated sleeping pad – minimum size 20"x 48"
- Bivy sac or tent
- Insulated jacket (puffy)
- Stove, fuel, 16 oz. pot
(Ability to boil water several times and if the gear checker doesn't think you can he may just ask you to do so at the gear check. Don't forget to bring extra fuel for your water boil test!)
- Fire starter, lighter and / or matches
- Extra batteries for both your safety lights and headlamp
- Map (provided)
- SPOT locator beacon that is registered with Tracklearders.com. for live online following and safety (available through registration).

60KM

- Ability to carry 48oz of water with out freezing (Insulated bottles of sorts or hydration system next to body)
- In addition to the on the bike safety lights you will need to carry a headlamp or another light that is adequate to ride in the dark with. Yes, people will finish in the dark.
- Insulated, puffy, jacket.
- Emergency space blanket or bag.

**This is a very minimal list and I hope to see much more being carried. Think of it as day in the mountains, like FULL day. Many people have finished in the dark and it has been -20°F in the morning and snowed 12pm in the afternoon, all in the same day, during this pursuit before.

Recommended Gear

- Helmet...highly recommended!!
- Skiers and Runners- We get the question a lot about using a sled vs a backpack? We suggest, as well as experienced people in these disciplines suggest, sleds over backpacks.
- 60km folks should give serious thought to a stove.
- Additional Gore Tex jacket and pants
- Spare gloves, hat, socks, neck gaiter...like your fingers and toes!
- Ability to carry 100 oz's water...don't get dehydrated!
- Calories; candy bar, sandwich, Kate's Bar...don't bonk!
- Thermos...nice treat!
- Goggles...it's snowy and windy on the ridge!
- GPS, compass, watch, computer.