



## GEAR LIST

There will be a transition area where you can keep some of the gear you may require during the race. Below is a list of gear we feel will help you succeed, with relative comfort, while you compete in the Batawa Adventure Trek. A few of these items are required (if you do not have them, you will suffer a time penalty) Many of them are highly suggested. A few are luxury items.

### Required:

- ☐ 1 mountain bike(recommended) or gravel bike (will suffice) in good working order ( a road bike is NOT allowed, you will not be permitted to race)
- ☐ 1 CSA approved bike helmet
- ☐ 4 liters of drinking water (you may leave this in the transition area, we do not require you to carry this with you. Please note there is NO drinking water available on site. You may bring more than this, 4 liters is the minimum amount required for yourself before, during, and after your race)
- ☐ 1 whistle. This MUST be on your person at all times.
- ☐ One headlamp, with enough batteries to last 4 hours
- ☐ Flashing bike lights, one red (back) one white (front) these must be turned on for the duration of the race. \*PLEASE NOTE BATTERY LIFE OF YOUR LIGHT SYSTEMS\*
- ☐ First Aid Kit (single person)

### Suggested:

- ☐ Running shoes (trail-specific running shoes will offer better grip and support in muddy, rocky conditions)
- ☐ Bike shoes if you clip into your pedals
- ☐ safety glasses, protection from dirt and debris and rogue branches. Lens Colour appropriate for NIGHT
- ☐ Hat or Buff
- ☐ Food, gels, energy bars: whatever your race fuel is
- ☐ Long-sleeved shirt for cool evening
- ☐ Spare inner tube for your bike tire (and the tools to change it).....flats happen!
- ☐ A marker/sharpie for note-taking ;)

### Luxury:

- ☐ Bike gloves
- ☐ Change of clothes for post-race Meal and awards. You may get your race clothes muddy and wet. Note, the best change rooms we can offer are behind trees

- ☐ Pop up tent
- ☐ Camping chairs
- ☐ Spare lights this is a 4 hour race or external power bank to charge lights on the go