



## 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 Cataraqui 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 in good working order ( a gravel bike will suffice but not ideal. Road Bikes are **NOT** allowed)
- ☐ 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.
- ☐ 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
- ☐ sunglasses, protection from sun and rogue branches
- ☐ Sun screen
- ☐ Hat or Buff
- ☐ Food, gels, energy bars: whatever your race fuel is
- ☐ Long-sleeved UPF rated shirt. Protect your skin!
- ☐ Spare inner tube for your bike tire (and the tools to change it).....flats happen!
- ☐ A marker/sharpie for note-taking ;)

### Luxury:

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

