

**MANDATORY TEAM GEAR (each team must have these items on hand at all times, or when noted as relevant to a specific race leg)**

- Compass
- Race Punch Card, Map and Guide (to be handed out on race day)
- Bike Repair Kit (tubes or patches, irons and a pump) (specific to bike leg only)
- First-Aid Kit
- Bear Spray

**MANDATORY INDIVIDUAL GEAR (each racer must have these items on hand at all times, or when noted as relevant to a specific race leg)**

- Whistle
- Lighter
- Emergency Blanket
- Water (use good judgment with regard to the amount of water needed-dehydration is dangerous!)
- Mountain Bike (specific to bike leg only)
- CPSC-Certified Biking Helmet (must be worn at all times while biking and climbing)

**RECOMMENDED GEAR (not mandatory but strongly encouraged per team or individual)**

- Food (use good judgment-calories are your friends in a race like this)
- Bug Spray
- Waterproof Map Case
- It may be useful to leave your bike on the course while you trek over to a checkpoint. Bring a lock if you are not comfortable leaving your bike in the woods.
- Camera
- Sunglasses
- Sunscreen
- Multi-tool
- Pants and Long-Sleeved Shirts
- Rain Gear
- Bell
- Pedometer (non-GPS)
- Altimeter (non-GPS)
- Emergency Personal Locator Beacon
- Cell phones can be used as a camera and for emergencies only

TAs for each race will be announced as dates approach. Remember, gear can be left at transition areas. The weather in the Wind River Range can change drastically and without notice. Racers are encouraged to stage extra clothing, food, water and shoes at transition areas.

If you have questions about the gear list or required items, **contact a Race Director.**