

### **REQUIRED RACE GEAR: SNOWSHOE RAID, RAID THE RIB & RAID THE HAMMER**

All participants must carry mandatory personal and team gear. This is the minimum gear required.

A gear check may be made on the course. Failure to have all required gear will result in a time penalty.

#### **EACH PERSON MUST CARRY, or WEAR:**

- 1 x emergency blanket
- 1 x permanent pen
- 1 x whistle
- 1 x 500 ml (or more) water bottle or equivalent
- 1 x race maps (*provided in race kits*)

#### **EACH TEAM MUST ALSO CARRY:**

- 1 x Sport Ident timing chip (*provided in race kit*)
- 1 x first-aid kit including at least: 1 roll gauze, 1 roll adhesive tape, 5 regular bandages, scissors and 5 anti bacterial towelettes
- 1 x cell phone (cell phone can only be used in case of an emergency)
- 1 x compass

#### **SNOWSHOE RAID ADDITIONAL MANDATORY GEAR**

- 1 x pair of gloves
- 1 x synthetic long-sleeve top
- 1 x synthetic full-length bottoms
- 1 x toque

#### **SNOWSHOE RAID RECOMMENDED ADDITIONAL GEAR**

- fleece
- pair of sturdy shoes, or boots
- pair of gaiters

Participants should bring extra gear depending on weather conditions and should carry their own food (e.g., energy bars). Food, water and sports drink will typically be available at aid stations on the course as well.

The cell phone can not be used as a navigational device (compass and/or GPS). Cell phones must be packed in a taped bag and can not be opened during the race unless in case of emergency.