



Absolute Wilderness Adventure Race

COMPULSORY GEAR 2020

Wetsuit: *Everyone needs a wetsuit for rafting. We strongly suggest full-length wetsuits for warmth and protection. (plus wear running shoes & bike helmet).*

Mountain bike: *Everyone needs a mountain bike. Each team needs tools for basic trail repairs. You'll need front & rear bike lights if you're night riding.*

This gear needs to be carried by the team for ALL hiking and biking stages

3-Hour

Individual Gear

- Waterproof jacket
- Warm thermal jersey
- Thermal top
- Thermal pants (leggings)
- Warm hat or Buff® tubular
- Warm gloves
- Backpack

Team Gear

- Basic first aid kit (minimum; bandage, strapping tape, pain killers)
- Compass
- Phone
- Head torch (a light on a phone is not accepted)
- Survival Blanket

6-Hour

Individual Gear

- Waterproof jacket
- Warm thermal jersey
- Thermal top
- Thermal pants (leggings)
- Warm hat or Buff® tubular
- Warm gloves
- Backpack
- Head torch (a light on a phone is not accepted)
- Survival Blanket

Team Gear

- Basic first aid kit (minimum; bandage, strapping tape, pain killers)
- Compass
- Phone

12-Hour

Individual Gear

- Waterproof jacket
- Warm thermal jersey
- Thermal top
- Thermal pants (leggings)
- Warm hat or Buff® tubular
- Warm gloves
- Backpack
- Head torch (a light on a phone is not accepted)
- Survival Blanket

Team Gear

- Basic first aid kit (minimum; bandage, strapping tape, pain killers)
- Compass
- Phone