

SIERRA EXTREME ADVENTURE RACE

PERSONAL MANDATORY EQUIPMENT

Each team member must supply the following and must carry these items at all times during competition:

- Whistle
- Compass
- Water bottles or water bladder (suggested capacity 100 oz. or greater)
- Survival mirror at least 2" x 3"
- Space blanket (standard size)

MANDATORY FULL TIME TEAM EQUIPMENT

Each team must possess and carry permanently throughout the competition:

- Team first aid kit (see first aid kit below for mandatory list of supplies)
- Headlamp for night travel
- One altimeter - SUGGESTED
- 5' of standard useable duct tape
- One waterproof map case
- Knife (w/ fixed or locking blade)

MANDATORY BIKE SECTION ONLY EQUIPMENT

- A mountain bike
- An approved MTB helmet with chin strap
- Team: Tire repair kit or spare tube(s)
- Team: bike pump or inflation kits (bike section only)
- Team: Mini repair/wrench kit, suitable to tighten all major bike components (bike section only)

WATER SECTION

N/A

MANDATORY TEAM FIRST AID KITS

- Water purification tablets - enough to purify 1 gallon of water per person
- 3/4" bandages
- 1" bandages
- 4x4 gauze pads
- 4"x6" moleskin pads
- First aid tweezers
- Antibacterial towelettes
- Antibiotic ointment packets
- Electrolyte replacement tablets
- Pain reliever/fever reducer tablets (such as Tylenol, Motrin, etc.)

Note: This is a minimum. You may want to bring other items as you deem appropriate.