



## **GEAR LIST: PERSONAL (each athlete) and MANDATORY (must have)**

All items to be provided by participants and carried the entire race, START TO FINISH, except for a climbing harness and life jacket, which will be provided by race organizers. Please mark your gear with your name and phone number.

1. (Mountain) Bike with knobby tires in good working order. Please check tire pressure, brakes and make sure saddles are at the correct height.
2. Bike Helmet
3. Bike Gloves
4. Shorts
5. Rain Jacket
6. Socks, Sturdy Athletic Shoes
7. Water (Minimum of 10 oz.)
8. Small Backpack or Hydration Pack
9. Small snack
10. First Aid Kit: Small Ziploc Bag with some Wet Wipes, Band Aids, White Tape, Neosporin
11. Climbing Harness (Optional)
12. Fruita, CO event only: PFD

The reason for this list is multifold. Bikes for biking, rain for sudden weather event, water for thirst, gloves because they scramble and use ropes – rope burn is not fun, first aid kit to take care of scrapes and cuts, fast wicking clothing to stay warm. Most of all, the kids will learn to be ready and independent in case of a situation when in the back country.