



TEAR 5HR

MANDATORY KIT LIST

Unless it is otherwise stated all kit is Mandatory. Mandatory means you must come to the race with it and carry it at all times unless otherwise stated. Spot checks will take place during the race.

TEAM KIT

- 1 X Set of Maps OSI & Orienteering Maps (**all supplied by event**)
- 1 X Indelible felt tip pen
- 1 X Mobile phone (fully charged with dry bag). These will be sealed before event start and should only be used in the event of an emergency
- 1 X First aid kit (1 crepe bandage, 1 triangle bandage, 2 safety pins, 1 wound dressing & 6 adhesive dressings as a minimum)
- 1 X Bike repair kit (at least sufficient to repair puncture and broken chains)
- 1 X Compass
- 1 X bothy / a 2 person shelter
- 1 X Map Board (optional but recommended, size 200 x 200 mm approx)

INDIVIDUAL KIT

- 1 X Mountain bike
- 1 X Front bike light (must be fitted to the bike at all times)
- 1 X Rear bike light (must be fitted to the bike at all times)
- 1 X Cycle helmet
- 1 X Whistle (to be accessible at all times including on the kayak)
- 1 X Space blanket/bag (foil or orange type)
- 1 X Full leg cover (must be carried if not worn)
- 1 X Spare Long Sleeved Top
- 1 X Waterproof Coat
- 1 X Waterproof Trousers
- 1 X Rucksack
- 1 X Large Kit Bag (only available at kayak section)

BIKES

All participants will need a mountain bike in good working order. Cyclo-cross bikes, hybrids or road bikes will not be accepted. The mountain bike must be fitted with mountain bike or knobby tyres with a minimum width of 2 inches. Slick tyres will not be accepted – this is in the interest of safety. It will be your team's call on what type of pedals you use. The route will use a wide variety of surfaces from good roads to single track trails. If you choose to use SPD's you may have to carry your own running shoes at some stage. Front and Rear lights must be fitted at all times.

Mountain bikes are available to hire, **please book in advance.**

KAYAKING

We will supply and transport all kayaks, paddles, buoyancy aids and wetsuits. Kayaks used will be 2 person sit-on-tops.

PROHIBITED KIT

- GPS devices. Includes devices that show your position, display maps, distance travelled etc.
- Distance measuring devices such as foot pod accelerometers and pedometers. (cycle computers exempt)
- Mobile phones, radios, other communications or internet access devices etc.(excluding the compulsory emergency phone sealed prior to the race).
- Maps other than those provided by the organisers
- Sails during any kayak section.

Optional

KIT BAGS & TRANSPORT

Each team member will need to supply their own sturdy duffel bag (if possible a waterproof one) to carry general kit like dry clothes, change of shoes etc. We will transport these bags to the kayak area. They should be clearly marked with the team name. This will be the only place you will have access to your kit bag.

SPONSORED BY



BLESSINGTON WICKLOW