

TRIOBA Sprint Adventure Races – Required Equipment List

Updated 1-15-2007

Individual Mandatory Equipment (Each individual must carry throughout the entire course)

- 1. Compass
- 2. Light (functional headlight or equivalent)
- 3. Whistle
- 4. Container to carry adequate fluids (0.5 liters minimum)

Mountain Biking Equipment Mandatory (Each individual must carry throughout mountain biking leg)

- 1. Mountain bike
- 2. Bike helmet with chin strap CPSC ASTM, ANSI, SNELL, and/or CE approved
- 3. One extra bike tube per person
- 4. Bike pump - **one per team**
- 5. Chain repair tool - **one per team**
- 6. Bike tool – **one per team**

Team First Aid Kit (1 kit per team) or the AMK Ultralight .5

- 1. Safety pins (3)
- 2. Moleskin (4 to 6 inch square)
- 3. Butterfly bandages (2)
- 4. Gauze bandage/pads
- 5. 1/2" Adhesive tape (10 yards)
- 6. Tweezers (1)
- 7. Benzoin
- 8. Antibiotic ointment
- 9. Sterile dressing pads

Team Mandatory Equipment (per team)

- 1. Sunscreen (1 oz)
- 2. Water purification, enough to treat 5 gallons or 19 liters

Recommended Equipment

- 1. Altimeter
- 2. Gaiters
- 3. Cell phone

Prohibited Equipment

- 1. All GPS units and systems (including all Garmin and Timex Bodylink and equivalents)
- 2. Radio
- 3. Weapons