



Race the Phantom



Natural Selection Adventure Racing Club
 229 Greenwood Dr, Fredericton, NB E3A 5V2
 (506) 461-6949 or (506) 261-5544
info@naturalselectionar.com

GEAR LIST

So you want to know what you should bring to Race the Phantom in 2010? Well you came to the right place. Each year we provide racers with a list of gear that we require them to have during our event. Why do we have a required gear list? Believe it or not, it is not a random list of gear we like to use, but rather a list of items we feel is necessary to carry with you in case of an emergency situation. In addition to the mandatory gear list, we provide a Suggested Gear List and a Prohibited Gear List. Neither one should require explanation, but if you do have any questions, please contact us via email or on our forum at www.naturalselectionar.com.

Mandatory Individual Gear	All Times	Bike Sections	Paddle Sections
Maps (<i>provided by NSAR</i>)	X		
Track Me 360 Spot Device (<i>provided by NSAR</i>)	X		
Punch Card (<i>provided by NSAR</i>)	X		
Knife (<i>1.5" or greater</i>) locking or fixed blade	X		
Compass	X		
Matches or Lighter in a water proof container	X		
Whistle (<i>readily available</i>)	X		
Emergency Blanket	X		
Warm Jacket or Sweater (<i>no cotton</i>)	X		
Waterproof Shell or Jacket (<i>taped seams</i>)	X		
Toque or Buff	X		
Headlamp	X		
Hydration System for at least 2 litres of fluid	X		
Bike Helmet (<i>CSA Approved</i>)		X	
Bike Lights (<i>white front and red rear</i>)		x	
Phantom Repellent	X		
Personal Medications	X		
Paddling Gear (<i>provided by NSAR</i>)			X
Mandatory Team Gear	All Times	Bike Sections	Paddle Sections
First Aid Kit	X		
Cell Phone (<i>full battery</i>) in waterproof container	X		
Bike Repair Kit (<i>one tube per racer + inflation device</i>)		x	
Water Purification for 20 litres or more	X		

As a competitor in Race the Phantom 2010, you and your team are required to carry a number of mandatory gear items with you. The Mandatory gear list is not an extensive list of items that you may require or should have with you during the event. This is only a starting point. You are responsible to carry weather, climate and activity appropriate clothing. It is also very important that you remember you must be **self sufficient** for the duration of the event. You may not see event staff or a transition area for up to 20hrs. This will be a wilderness based event, so BE PREPARED.



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First Aid Kit Details

Normally events/races provide an extensive list of items to include in your First Aid Kit; we are going to leave that up to you. We can/will provide you with a list of items that we personally carry with us during a race if you send us and email.

Prohibited Gear

Here you go....if it is here then don't bring it:

- Firearms
- Alcohol
- Drugs (illegal variety)
- Motorized Transportation
- GPS (this includes GPS watches)
- Outside maps (you can only use the maps we provide during the race)
- Any gear you didn't bring with you, this means no borrowing (from non racers, from other racers is fine) or stashing gear on the course.

If you are caught using anything on the prohibited gear list, you will face penalties which could include disqualification.

Gear Bins

This will be a point of concern, arguments and debate for months to come, as Grant of UntamedNE put it, but here it is anyway. Each team may only have ONE gear bin. Once again, in layman terms.....***your team may only have ONE gear bin***, it doesn't matter how many team members you have.....only ONE!!

We will be staging your gear bin for you during the race at a designated area with event staff. You will only have access to your team gear bin at designated areas, at which time you will be able to restock your food, water, clothing, etc. Please remember, there is only ONE gear bin per team.

Additional Comments

There are a few items that are not on this list such as a bike, food and water. You will need them. You will not need a boat. NSAR will provide each team with the appropriate number of boats, required safety gear for the paddle sections and appropriate number of PFDs. If you do choose to use your own paddling gear then be prepared to carry the item(s) with you as needed, we will not be transporting personal paddle gear.

Natural Selection Adventure Racing has worked hard over the past three years to establish a good relationship with the Town of Dalhousie, its residents and the surrounding areas, please keep this in mind while you are playing in our back yard.

This race may be very different from any adventure race that you have done in the past, so if you have any questionsJUST ASK!

– Cheers, Nathaniel and Troy