

GEAR LIST

What should you bring to Race the Phantom in 2024? Each year we provide racers with a list of gear that they are required to have for our event. Why do we have a required gear list? Well 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 in case of an emergency. In addition to the Mandatory Gear List, we have provided a Suggested Gear List and a Prohibited Gear List. They should not require an explanation, but if you do have any questions, please contact us right away via email or on our Facebook page.

NSAR Provided Gear	All Times	Bike Sections	Paddle Sections
Maps (<i>provided by NSAR</i>)- no outside maps permitted at any time	X		
Punch Card - Passport (<i>provided by NSAR</i>)	X		
Race Booklet (<i>provided by NSAR</i>)	X		
Mandatory Individual Gear	All Times	Bike Sections	Paddle Sections
Knife (<i>1.5" or greater</i>) locking or fixed blade	X		
Compass	X		
Matches or Lighter in a waterproof container	X		
Whistle (<i>readily available at all times</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 (<i>no baseball caps</i>)	X		
Headlamp (<i>preferably waterproof</i>)	X		
Hydration System (<i>for at least 2 litres of fluid</i>)	X		
Mountain Bike - <i>minimum front shock</i>		X	
Bike Helmet (<i>CSA Approved</i>)		X	
Front Mounted Bike Light (<i>white</i>)		X	
Rear Mounted Bike Light (<i>red</i>)		X	
Phantom Repellent	X		
Personal Medications	X		
Paddling Gear – PFD, paddle			X
Mandatory Team Gear	All Times	Bike Sections	Paddle Sections
Paddling Gear (per boat) – bailer and throw line			X
Cell Phones – two (2)– one OFF and one ON	X		
First Aid Kit (<i>recommended list below</i>)	X		
Bike Repair Kit (<i>one tube per racer, inflation device, tire levers, and required tools to fix broken chain</i>)		X	
Water Purification (<i>for 20 litres or more</i>)	X		

As a competitor in Race the Phantom, you and your team are required to carry several mandatory gear items with you. The Mandatory gear list is not an all-inclusive 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**. If you have any questions ... PLEASE ASK!

First Aid Kit – *These items are suggested items, it is up to you what to carry, but be aware that a band aid is not enough, and you should have more than that available.*

- Duct Tape – approx. 2 meters
- Anti-biotic ointment (e.g. Polysporin)
- Antihistamine (e.g. Benadryl)
- Anti-inflammatory tablets
- Tensor / Ace Bandage (3” x 5”)
- Band-Aids
- Gauze Pads (3” x 3” or larger)
- Pressure Dressing (for heavy bleeding)
- Electrolyte replacements (tablets or packets)

Prohibited Gear – Self explanatory. If it is here, then don’t bring it.

- Firearms
- Alcohol
- Drugs (illegal or impairing variety)
- Motorized Transportation
- GPS (this includes GPS watches and sport watches) *
- Outside maps (you can only use the maps we provide during the race)
- Any gear you didn’t bring with you. You may, however, borrow from other racers with their **express permission**.
- No gear stashing on the course.
- If you carry it in, you carry it out. **ABSOLUTELY NO LITTERING!!!**

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

**If you wish to carry a GPS watch with you for the purpose of retracing your steps post-race then bring the watch/GPS in a container that can be sealed and marked with a tamper proof label that I will provide to ensure you do not use it during the event.*

Gear Bins - This will be communicated later.

Additional Comments

There are items that are not on this list such as food and water. You will need them. If you have any questions ... PLEASE ASK!

Mountain Bikes

You must have a mountain bike. If you are unsure whether your bike qualifies, send me a picture. You will not be allowed to use a bike that is not a mountain bike. We will have to transport your bikes back to the Start / Finish area at one point in the race. You are NOT allowed to attach any gear to your bikes, this includes water bottles, bike shoes and helmets. If you decide to leave your speedometer on the bike and it gets knocked off or lost, we are not responsible. We will be very careful with your gear as always, but accidents happen. So, anything that may fall off, will need to be removed and you will carry it with you after the bike leg. (This will be very clear on race day so do not stress about it now.)

Paddle Leg - You will not need a boat. NSAR will provide each team with the appropriate number of boats. Paddle gear is another story. You will be required to bring safety gear (bailer and throw line) for the paddle sections and appropriate number of paddles and PFDs.

Natural Selection Adventure Racing has worked hard to establish a good relationship with the Province of New Brunswick, the Town of Dalhousie, its residents, and local businesses, 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 questions ... PLEASE ASK!

– Cheers,
Troy