



## Who's Your Daddy 2024 – Official Gear List

Here is the *individual and team* mandatory and suggested gear list for **Who's Your Daddy? Adventure Race**. Included also is a list of prohibited items; these will be mentioned again in the rules and regulations but please make note of them. If you have any questions please contact NSAR immediately as the list is **non-negotiable**. Thanks.

<u>Mandatory Individual Gear</u>	All Times	Bike Section	Paddle Section
Compass	X		
Whistle (available at all times)	X		
Knife (min 2" blade – folding / lockable)	X		
Matches or lighter in waterproof case	X		
Four 10 fl oz Cans of food – yes this is serious!!	X		
Bike Helmet (CSA approved)		X	
Bike lights – front white and rear red		X	
PFD (Canadian Approved or US Type 1)			X
Paddle (1 per person)			X

<u>Mandatory Team Gear</u>	All Times	Bike Sections	Water Sections
Cell Phone (full battery) in waterproof container	X		
Race Passport (provided at check-in)	X		
Canoe / Kayak (max 3 persons per canoe)			X
Throw bag/15m buoyant heaving line (per boat)			X
Bailer or bilge pump (per boat)			X

### Suggested Gear

Waterproof containers or bags for everything	Bike computer (no GPS)
Light daypack	Pedometer
Insect repellent and/or insect netting	Extra dry socks
Sunscreen	Anti-chaffing products
Sunglasses	Map case
Hat or Buff	Personal First Aid & foot care items
Food	Bike repair kit (with tubes)

### Prohibited Gear List

GPS, Motorized Transportation, Outside Help

***Use of prohibited gear items will result in severe penalties, most likely disqualification.***