



## Ouachita Adventure Race Long Course Gear

### Personal Equipment:

(This equipment must be with each individual racing at all times, unless otherwise instructed.)

- Racing Backpack or equivalent to hold personal and team gear\*
- Hydration system or bottles to hold a min of 70oz of water.\*
- Headlamp\*
- Whistle\*
- One Glow Stick
- Emergency Blanket or Bivy\*
- Waterproof Jacket
- Fleece, Wool or Synthetic Top\*
- Fleece, Wool or Synthetic Hat (Bufs™ and similar styled headwear allowed)\*
- Dry Bag or Sealable Plastic Bag (Large enough to hold all gear inside backpack.)
- Lighter or Waterproof Matches\*
- Gloves, long fingered
- Rappelling Harness and Rappelling Device (Management will provide harnesses and rappelling devices, but people with harnesses and equipment will move ahead of racers waiting on equipment)
- Extra Batteries for Headlamp\*
- Compass\*

\* Marked equipment must be on each person at all times, unless otherwise directed.

### Team/Solo Equipment:

(Each item is only required per-team or solo)

- Waterproof Map Case
- UTM tool
- Flashlight (small, backup light source)
- Cell phone or GMRS/FRS Radio in Waterproof Bag (must remain sealed in bag throughout race)

- First-Aid Kit
  - 4 4x4 Dressings (2 for Solos)
  - 1 Roll of Waterproof Medical Tape
  - 1 3" Ace Bandage
  - 3 Doses of Pain Killers (1 dose for Solos)
  - 6 Band-Aids (2 for Solo)
  - Small tube or packet (2ounces min) of Antibacterial Ointment

**Mountain Biking Equipment:**

(Each item is one per person unless designated otherwise.)

- Mountain Bike
- Helmet
- Spare Tube
- CO2 Inflator or Small Pump
- Red Rear Light
- Front White Light
- Bike Repair Kit (1 per team)
  - Tire Tools
  - Chain Tool

**Paddling Equipment:**

(Each item is one per person unless designated otherwise.)

- Canoe or Sit on Top Kayak (Provided by race management)
- PFD (provided by race management. Personal PFDs are Allowed.)
- Paddle (provided by race management. Personal Paddles Allowed.)
- Two Glow Sticks (one for front and rear of canoe or kayak, per team)
- Sling Seat (suggested for teams of three)