

All distances and disciplines			
	200km Bike 162km Run	125km Run/Bike	54km Run/Bike
MANDATORY GEAR			
Cycling Helmet	Mandatory for cyclists		
Head	No specific head, torso, and pants gear requirements this year		
Torso	Please dress responsibly for conditions, make sure ALL skin can be covered		
Pants	Layering and technical fabrics are your friends!		
Extra Jacket	For emergency. Must be windproof and insulated, a separate extra windproof shell and extra insulated layer is fine		
Extra Head Cover	For emergency. Either a windproof and insulated hood attached to extra jacket (a separate extra windproof shell and extra insulated layer is fine) or an extra toque		
Extra Pants	For emergency. Must be windproof and insulated		
Water	No specific water requirements this year. With the possible exception of Fraser Rd all CheckPoints should have water but please plan to be self sufficient and remember that uninsulated water freezes!		
Main Light (Headlamp, Flashlight, or Front Bike Light)	Min run time 12 hrs at -30C, recommended 100 lumens or brighter	Min run time 12 hrs at -30C, recommended 100 lumens or brighter	Min run time 5 hrs at -30 C, recommended 100 lumens or brighter
Backup Light	Backup flashlight, headlamp, or front bike light OR spare batteries for main light		
Front Light	Flashing white LED light on front of body/bike. Minimum of 3 flashing LED's or 1 super bright LED (e.g. no 'turtle' lights)		
Rear Light	Flashing red LED light on front of body/bike. Minimum of 3 flashing LED's or 1 super bright LED (e.g. no 'turtle' lights)		
High-Viz	At least 60 sq cm of reflective material on front and back of you during race. Can be on your pack, but not on your bike.		
Whistle	Whistle on string around neck	Not required	Not required
Food	No specific food requirements this year. Although a few CP's may offer food please plan to be self sufficient and remember that carrying more than enough food isn't a bad thing!		
Emergency Food	No emergency food requirements this year, but please plan to have extra food in case you are stopped in place for longer than anticipated		
Navigation	Compass and cycle computer/pedometer OR GPS with extra set of batteries (lithium recommended). Phone can be used as GPS but external battery pack required.		
Course Cue Sheets	Mandatory		
Emergency Shelter	Cold weather shelter (e.g. SOL bivvy or small tent)	Not required	Not required

RECOMMENDED GEAR			
Sleeping bag	Cold weather -20C rated	Cold weather -20C rated	unlikely to need
Shelter	Mandatory	Bivy sack or small tent	unlikely to need
Outerwear	Ski goggles, extreme condition mittens, extra headwear and outerwear, overboots, gaiters		
Spare clothing	Undershirt/extra base layer, socks, extra layers		
Sundries	Duct tape, Vaseline, sunglasses, lip balm with SPF, moleskin, ibuprofen		
Tools	Small knife, multi-tool, flat changing tools and pump		
High Viz	Extra is good :)		
Cell Phone	With external battery pack		
Food	5000-7000 cal of cold weather edible food	5000-7000 cal of cold weather edible food	2000 cal of cold weather edible food
Water	2L or more, insulated	2L or more, insulated	1L or more, insulated
Emergency Beacon	e.g. Spot		
Sense of humour	The most important		