



# MANDATORY GEAR CHECKLIST

(must be carried from start to finish of race)

**Bikers:** Fat tire bikes only. Minimum of a 3.7 tire width. Don't ask and don't show up with a traditional sized tire bike or plus size tires (3.0).

**Runners:** Runners in the 200K must carry snowshoes. Snowshoes are required in Harriman State Park (after Aid Station 2 for around 16 miles). Snowshoes are recommended but not mandatory for the 60K.

**Skiers:** Your choice on ski type (skate, traditional, randonee).

## 200KM

- Front and rear safety lights. Front (white), Back (red). Turned on at all times and visible to others. Don't show up with single LED key chain lights...bring real safety lights!
- In addition to the safety lights you will need to carry a headlamp or another light that is adequate to travel at night with. Yes, to make the cut off times you will need to move through the night.
- Ability to carry 48 oz of water with out freezing (Insulated bottles of sorts or hydration system next to body)
- 0°F sleeping bag or colder (It can easily be 20 below)
- Insulated sleeping pad – minimum size 20"x 48"
- Bivy sac or tent - No foil emergency bivies
- Insulated jacket (puffy)
- Stove, fuel, 16 oz. pot  
(Ability to boil water several times and if the gear checker doesn't think you can he may just ask you to do so at the gear check. Don't forget to bring extra fuel for your water boil test!)
- Fire starter, lighter and / or matches
- Extra batteries for both your safety lights and headlamp
- Map (provided)
- SPOT locator beacon that is registered with Trackleaders.com for live online following and safety (available through registration).

## 60KM

- Ability to carry 48oz of water with out freezing (Insulated bottles of sorts or hydration system next to body)
- In addition to the on the bike safety lights you will need to carry a headlamp or another light that is adequate to ride in the dark with. Yes, people will finish in the dark.
- Insulated, puffy jacket.
- Emergency space blanket or bag.
- Front and rear safety lights. Front (white), Back (red).  
Turned on at all times and visible to others.  
**Runners and Skiers:** rear safety lights to be mounted on backpack or sled, headlamp facing forward

\*\*This is a very minimal list and we hope to see much more being carried. Think of it as day in the mountains, like FULL day. Many people have finished in the dark and it has been -20°F in the morning and snowed 12 inches in the afternoon, all in the same day, during this pursuit before.

## Recommended Gear

- Helmet...highly recommended!!
- Skiers and Runners- We get the question a lot about using a sled vs a backpack? We suggest, as well as experienced people in these disciplines suggest, sleds over backpacks
- Additional Gore Tex jacket and pants
- Spare gloves, hat, socks, neck gaiter...like your fingers and toes!
- Ability to carry 100 oz's water...don't get dehydrated!
- Calories; candy bar, sandwich, Kate's Bar...don't bonk!
- Thermos...nice treat!
- Goggles...it's snowy and windy in Island Park
- GPS, compass, watch, computer