

# Mandatory Individual Gear

- **Water** - 3L capacity minimum
- **Sufficient Food** for 12 hours
- **Emergency Blanket**
- **Whistle**
- **Headlamp/Flashlight**
- **1 labeled [Transition Box](#) containing Bike *and* Boat gear**
- **Mountain Bike** (no Cyclocross bikes) (Bike leg only)
- **Bike Helmet** (Bike leg only)
- **Bike Tube** (Bike leg only)
- **Bike Tool, Pump, Repair Kit** (Bike leg only)
- **PFD** (Paddle leg only)

# Mandatory Team Gear

- **First Aid Kit**
- **Water Purification Method**
- **Working Cell Phone, Fully Charged**
- **Pen/Marker**
- **Map** (provided)
- **Compass**

\*You will see the same transition area 3 times in the Pikes Peak AR '13. So, it will be wise to stash *extra* food and water in your transition boxes.

\*It was *VERY* hot last year and racers drank far more water than they were accustomed to needing. Prepare for dry, hot weather. But also prepare for Colorado monsoon weather which can bring cold, hard rain and sleet.

\*This is a self-supported race which means all that you need needs to be provided by YOU. Be prepared with all supplies you may need to complete your best race safely and comfortably.

# Recommended Gear

- **Rain Jacket**
- **Performance/Technical Clothing**
- **Beanie/Gloves**
- **Knife**
- **Duct Tape**
- **Electrolytes**

- **Socks/Shoes Change @ Transition**
- **Camera**
- **Cell phone water-proofing method**
- **Cap for sun protection** (running, paddling legs)
- **Sunscreen**