

HILLARY CHALLENGE

Compulsory Gear List

This is an outdoor event taking place at the start of winter. The New Zealand weather can do anything at any time, so we want to know that you are prepared for whatever it throws at us. The weather could be clear and warm or wet and extremely cold. **Ensure you have multiple changes of clothes and be prepared to wear all of them at some stage.** You need to be able to move around quickly and comfortably during the day. Below is the minimum gear that you will need to have with you at all times throughout the day. Your team will need **8 mountain bikes and helmets** (in good working order) plus things like a puncture repair kit, spare tubes, pump...etc for your bikes. **Note – no electric bikes are allowed!**

Every team member must carry or wear (as a minimum) –

- A windproof/waterproof parka or raincoat with a hood
- 1 x long sleeve polypro or woollen (eg icebreaker) base layer top.
- 1 x long sleeve fleece or wool insulation layer top.
- 1 x long john's/pants. Polypro or woollen base layer.
- Suitable shorts, tights to race around in.
- A warm hat/beanie. Buffs are ok for this.
- Poly-pro or wool gloves
- At least 2 litres of water
- Energy snacks or bars to keep you going
- **Personal medication e.g. asthma inhalers, bee sting pills...etc**
- A pack to carry everything in
- One pair of running/trail shoes

Each team needs to carry –

- At least 2 compasses
- At least 2 pencils for writing down information on waterproof paper
- A team first aid kit including - 50cm strapping tape for ankles/knees, pain killers, 2 x large crepe bandages (minimum 4cm width), 1 x tri-angular bandage, 6 x non-adherent dressing or gauze pad, 6 plasters.
- At least two charged up cell-phones, ideally on two different networks (to be used only in the event of an emergency, if you need assistance from a marshal) **Make sure this is in a waterproof bag**
- At least 2 watches
- At least 2 whistles
- At least 2 headtorches
- At least 2 survival blankets (the thin silver ones)
- At least 1 **High Visibility Vest** for the rear member of the team to wear on the MTB stage.