

## Senior Get2Go Challenge- Compulsory Gear List

The Senior Get2Go challenge is 3hrs long. Even though this seems relatively short you will still need to have the following equipment to enable you to complete the challenge safely. We want to be sure that you have everything you need to keep you and your team mates comfortable and safe regardless of the conditions.

### Each team member must carry or wear-

- A wind and waterproof jacket
- A long sleeve polypro or wollen top
- A warm hat/beanie. BUFFs are ok for this.
- At least 1.5litres of water
- Energy snacks/food to keep you going for 3hrs
- Personal medication e.g. Asthma inhalers, bee sting pills...etc
- A pack to carry everything in
- A pair of running/trail shoes

### Each team needs to carry the following for the duration of the event-

- A compass
- 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.
- A watch
- A whistle
- A survival blanket (the thin silver ones)
- A cell-phone (fully charged) to be used in the event of an emergency, if you need assistance from a marshal.

### In addition each team will need the following for one stage of the event -

- Two mountain bikes that are well maintained. Please ensure the brakes and gears are in a safe working condition. **Please note electric bikes are not allowed!**
- At least two safety approved bike helmets.
- A repair kit to fix punctures – spare tube, pump, tyre levers...etc. You need to know how to use these too!