

Gear list for Race Day

Most adventure races require racers to carry gear that may help them along the way. Much of the gear are items to keep you safe in the great outdoors if you become….misplaced. Our race course is designed in a way that you should not get lost. We also have a transition area where you can keep some of the gear you may require during the race. Below is a list of gear we feel will help you succeed, with relative comfort, while you compete in the Cataraqui Adventure Trek. A few of these items are required (if you do not have them, you will suffer a time penalty) Many of them are highly suggested. A few are luxury items.

Required:

* 1 mountain bike in good working order (note a hybrid will suffice, a road bike is not allowed)
* 1 CSA approved bike helmet
* 4 litres of drinking water (you may leave this in the transition area, we do not require you carry this with you. Please note there is NO drinking water available on site. You may bring more than this, 4 litres is the minimum amount available to yourself before, during and after your race)
* 1 whistle. This MUST be on your person at all times. Please blow it if you have an emergency. But not for fun.

Suggested:

* Running shoes (trail specific running shoes will offer better grip and support in muddy, rocky conditions)
* Bike shoes if you clip into your pedals
* Sun screen
* Hat or Buff, to protect you from the sun and/or stop sweat from dripping into your eyes (also will cover up helmet hair)
* Snacks. This IS a 4 hour race. You will need to replace calories burned to keep your endurance up. Gels, chews and powerbars are great high dose energy. Experiment with a few different foods during your training, and pick snacks that you can digest quickly. Running just after 2 slices of pizza is not comfortable. Neither are new foods on race day!
* Long sleeved UPF rated shirt. Protect your skin!
* Spare inner tube for your bike tire (and the tools to change it)…..flats happen!

Luxury:

* Bike and/or paddling gloves (although showing off blisters the next day is cool)
* Change of clothes for post-race BBQ. You may get your race clothes muddy and wet. Note, the best change rooms we can offer are behind trees
* Bug spray (although they are pretty much gone at the end of August, but you never know, it snowed on Easter!)