



GEAR LIST

Race organizers will provide a climbing harness and life jacket.

Mandatory Gear

Each team member must have the following:

- (Mountain type) Bike that fits and is in good working condition (Biking will be on trails and up and down hills).
- Bicycle Helmet
- Bicycle Gloves (to protect hands on ropes and cables)
- Small Backpack
- Water Bottle or Water Bladder (Minimum of 10 oz.)
- First Aid Kit*: Small Ziploc Bag with Wet Wipes, Band-Aids, White Tape, and Neosporin.

*Please Note: Race organization has a full standby medical team onsite at all times

Recommended Gear

Kids Adventure Games™ teach lifelong values of teamwork, problem-solving, and being prepared. In this spirit, it is recommended each racer also have the following gear for the race:

1. Shorts & T-shirt (no bathing suits)
2. Rain/Wind Jacket (the race will continue rain or shine. We will stop for lightning or severe weather)
3. Socks, Sturdy Athletic Shoes (no open toes or sandals)
4. Towel – participants WILL get wet close to the end of the race (slip'n slide).

Visit our website "Race Overview" Page to see videos reviewing equipment, the various obstacles and what to expect.