

WHO'S YOUR DADDY?

Gear List

Here are the individual and team mandatory and suggested gear lists for **Who's your Daddy?** Also included is a list of prohibited items; these will be mentioned again in the rules and regulations but please make note of them. If you have any questions please contact NSAR immediately as the list is non-negotiable. Thanks.

Mandatory Individual Gear

	All Times	Bike Section	Canoe Section
Compass	X		
Whistle (available at all times)	X		
Prescribed medications	X		
Required allergy prophylaxis (i.e. Epipen)	X		
Bike Helmet (CSA approved)		X	
Bike (in working condition)		X	
PFD (Canadian Approved or US Type 1)			X
Paddle (2 per canoe)			X

Mandatory Team Gear

	All Times	Bike Sections	Canoe Sections
Cell Phone (full battery) in waterproof container	X		
Race Passport (provided at check-in)	X		
Canoe (no kayaks) max 3 persons per boat			X
Throw bag/15m buoyant heaving line			X
Bailer or bilge pump			X

Suggested Gear

Waterproof containers or bags for everything	Bike computer (no GPS)
Light daypack	Pedometer
Insect repellent and/or insect netting	Extra dry socks
Sunscreen	Anti-chaffing products
Sunglasses	Map case
Hat or Buff	Personal First Aid & foot care items
Food	Bike repair kit(with tubes)

Prohibited Gear List

GPS, Motorized Transportation

Use of prohibited gear items will result in severe penalties, most likely disqualification.