

## **Gear List – Paddy Pallin Adventure Race**

The items in this list are grouped by the most essential to the least essential. While there are many great products out there, we have made recommendations from a few of the quality brands which we carry in store at Paddy Pallin. Happy racing!

### **Compulsory Items**

- Whistle - Orange plastic or miniature metallic
- Compass [good quality, not watch or promotional giveaway] – *Silva Field 7, Ranger 3 or Expedition 54L; Suunto A10, M3G*
- Emergency Space Blanket – *Coughlans*
- Small First Aid Kit – *Sea to Summit*
- Sunscreen - *Kinesy*

### **Recommended Items**

- Waterproof Map case – *Sea to Summit roll top & Guide Map Case*
- Waterproof case suitable for mobile phone
- Dry Bags – *Sea to Summit Ultra-Sil*
- Racing Pack – *Osprey Talon 11, Camelbak*
- Hydration Bladder – *Camelbak 2L & 3L (eg. Scudo lightweight pack)*
- Energy gels and electrolyte powder – *Gu*
- Quick Dry shirt – *Icebreaker Tech T Lite, Berghaus Tech T, Mountain Hardware Wicked T Lite, Pallin Coolmax*
- Running Shoes – *Salomon XT Wings, XA Pro & XA Pro XCR*
- Socks [not cotton] – *Icebreaker Bike/Run Lite Mini*
- Body Glide / Vaseline
- Map board [to read your map while on your bike] - *Miry*

### **Other Useful Items**

- Waterproof Jacket – *Paclite GTX*
- Thermal long top – polypro or merino eg. *Icebreaker Oasis Crew*
- Thermal long pants – polypro or merino eg. *Icebreaker Leggings*
- Quick Dry Underwear – *Icebreaker Ultralite & ExOfficio*
- Compression shorts, tights & tops – *SKINS*
- Mesh sports cap – *Mountain Hardware Training Cap, Exofficio Neptune Cap*
- Sunglasses
- Watch – *Suunto Core*



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ADVENTURE  
starts here**