

iRule 12 Hour Urban Debacle 2007

Competitor Equipment List

Event Mandatory Equipment must be carried at ALL TIMES during the event.
Discipline Mandatory Equipment must be carried during a specific discipline.

The mandatory equipment is only the minimum required. You should consider taking additional equipment so that you are more properly equipped for the climate, conditions and activities. We have listed some recommended equipment but this is not exhaustive.

Bear in mind that Canberra in March can have extremes in weather – you might strike very hot conditions or it could be very cold and wet. Make sure you come prepared.

Random checks of mandatory equipment will occur during the race. There is a penalty of 15 minutes per each item that you do not have.

Most equipment may be spread out and carried amongst the team. These items are classified as 'on team' items. However there are some items that must be carried by each individual (NOT by other team members). These items are classified as 'on person' items.

Some abbreviations that are used include:

pp – per person. i.e. one of these items is required for each person in the team.

qty – quantity. Your team must decide the quantity that is required (minimum of one).

Voyager III – 3 person sit on top kayaks, paddles and PFDs (personal floatation devices) are provided by the organisers. Each team will be issued 1 kayak, 3 paddles and 3 PFDs. You must use the kayaks provided. You may however use your own paddles and PFDs.

Items NOT permitted include:

- Night vision devices;
- Pets;
- GPS devices capable of a location reading;
- Weapons; firearms etc
- Matches (no smoking)

Watches with altimeters are permitted.

Headquarters

The headquarters is at Glebe Park, Civic. You may choose to come near this area at various times during the event. You may leave extra gear at the HQ.

EVENT MANDATORY EQUIPMENT

On Person		
Whistle	1	Pealess so still functional in wet conditions and easily reachable at all times.
Headlamp/ torch (Compulsory only from 5:30pm)	1	Functional and water resistant, with sufficient qty of batteries. This item is classed as an On Team item during daylight hours. Make sure this is a good bright light that throws a good beam. A small LED light is not sufficient and you will not find checkpoints or navigate effectively and you will travel very slowly.
On Team		
Survival or Space blanket	pp	Silver foil type.
First Aid Kit	1	min of 2x crepe bandage, 1x triangular bandage, 2x sterile dressings, qty x roll of strapping tape
Mobile Phone	1	Waterproofed and with fully charged batteries and turned off during the race. Recommend at least zip lock bag plus dry bag.
Compass	1	Must be a "proper" southern hemisphere navigational compass (zone 5) such as a Silva. Not integrated into a watch or key ring.
Sunscreen	qty	
Money	qty	There will be plenty of opportunities to buy food / drinks on the way.
Pencil	qty	Your pencil will need to be used during the race. Ensure you have a means to keep it sharp (or bring extras).
Permanent marker pen	qty	You may be required to write on your laminated control card or maps
Dry Bag	qty	Use this to keep your extra clothes, first aid kit, etc dry
Recommended		
All weather jacket	pp	Canberra weather can be very fickle. End of March can be super hot or super cold. Come prepared!! Bring a waterproof / windproof jacket.
Long sleeve top	pp	A thermal top is light to carry and can really get you out of a cold / wet spot. Cotton tops are not suitable.
Balaclava/ beanie / buff	pp	A beanie or Buff is only little. If you are cold it is the best thing to have – 60% of your body heat goes out through your head. Bring it with you and decide on the day.
	qty	Sun hat, appropriate clothing and footwear, extra clothing for transition area, extra jacket for transition area in case of bad weather, extra socks, sock protectors/mini gaiters, backpack, food, water, appropriate glasses/eyewear, waterproof map case/map contact, extra dry bags, wristwatches, paracetamol, duct tape, extra money.

DISCIPLINE MANDATORY EQUIPMENT**Mountain Bike**

On Person		
Mountain Bike	1	Appropriate for rugged trails and long distances.
Helmet	1	Australian Standard (AS) approved.
White front light (Compulsory only from 5:30pm)	1	Illuminated at all times at night. Your 'on person' headlamp may be used as the white front light for mountain biking. However a bright bike or helmet mounted light is recommended as well.
Red rear flashing light (Compulsory only from 5:30pm)	1	Illuminated at all times at night.
On Team		
Repair kit	qty	Puncture repair kit, pump, qty spare tubes
Recommended		
	qty	Bike computer, puncture proofing goo, gloves, additional spare tubes, patches, chain breaker and spare link, map board, tyre levers, multi tool

Kayak

On Person		
PFD (Personal Flotation Device)	1	Can use your own or as provided by organisers
Paddle	1	Can use your own or as provided by organisers
Recommended		
		Waterproof jacket if bad weather