



RAIN100

border country



The Raid 100 Race Document

This document contains all the information you will need to prepare for the Raid 100. It will be updated periodically in the lead up to the event so be sure to check back from time to time.

Australia's first expedition-length, rogaine format adventure race. 100 hours. It's an ambitious undertaking. Details are expanded on the format below, however teams that take on the race are set for a spectacular wilderness course with all of the navigational and strategic challenge that the Rogue Raid events are known for.

The race schedule and logistics have been set to be as racer friendly as possible. Running off the back of Easter, the race encompasses two public holidays and a weekend. Teams can fly in on the Monday morning, make use of the provided accommodation and meals, race from the Tuesday to the Saturday, crash at the accommodation, celebrate and fly out on the Sunday afternoon. Gear lists have been kept simple with the onus of responsibility on what to take lying on you, the racer. The race HQ location is also extremely accessible and an ideal location for competitors, friends and family who are making the journey to hang out.

Dates

Monday 22 April 2019 – Sunday 28 April 2019

Schedule

Monday 22 April 2019

10:00	Registration opens. Team photos.
14:00	Accommodation check in and gear preparation.
15:00	Race briefing and map handout
17:30	Welcome dinner (provided)
19:30	Gear box (Boxes A – C) and paddle bag submission

Tuesday 23 April 2019

05:30	Breakfast opens (provided)
06:00	Bike box submission
07:00	Buses depart for the start line
13:00	Race start

Saturday 27 April 2019

17:00	Race finish and course closure
17:30	Dinner (provided)

Sunday 28 April 2019

07:30	Awards ceremony breakfast
10:00	Accommodation checkout and departure

Duration

100 hours (that is, 4 days 4 hours).

100 hours – 100 check points – Are you up for the ultimate navigational challenge?

Race Head Quarters



The Raid 100 race HQ is set for the [Gold Coast Recreation Centre](#). Just a 15 minute taxi ride from Coolangatta International Airport, the GC Rec Centre is situated with direct access to Palm Beach right at the mouth of Tallebudgera Creek. Competitors shouldn't be lulled into beach holiday mode though – the Rogue Raid promises a course that is set to take them through spectacular and rugged Australian wilderness on the ultimate navigational challenge.

The address is [1525 Gold Coast Highway, Palm Beach, Queensland](#).

Race HQ Site Map



Accommodation and Meals

Team	Accommodation	Team	Accommodation
Adventure Racing Coromandel	Cabin 3 Room 5	International Tigers	Baleirei Lodge Room B3
Aussie Battlers	Cabin 4 Room 1	Isodopes	Cabin 4 Room 4
Because Uber Was Busy Tiger AR	Cabin 6 Room 1	Kang Racing	Baleirei Lodge Room B2
Bicycles Without Bruce	Cabin 3 Room 4	MMI Adventure Racing	Baleirei Lodge Room B2
BMX Bandits	Cabin 5 Room 5	Muppets	Baleirei Lodge Room B1
BWAR-GE	Baleirei Lodge Room B2	Numbs Nuts (Mon only)	Baleirei Lodge Room B2
BWAR-JS	Baleirei Lodge Room B2	Off Trail Tiger Adventure	Cabin 6 Room 5
C an N	Cabin 3 Room 4	Peak Adventure Ninjas	Baleirei Lodge Room B1
Creak Adventure 102	Cabin 4 Room 4	Really?	Cabin 3 Room 5
Dated Loaf and Pikelets	Cabin 3 Room 4	Rogue Adventure	Cabin 5 Room 4
Deliver Us	Cabin 3 Room 2	Steenbergen	Baleirei Lodge Room B1
Directionally Challenged (Sat only)	Baleirei Lodge Room B2	Sunshine Unicycles	Cabin 4 Room 2
Dynamite	Cabin 5 Room 1	The Goats	Cabin 4 Room 2
Everday Life Fitness Tiger AR	Cabin 6 Room 2	The Wolfpack	Baleirei Lodge Room B2
For Better or Worse	Cabin 4 Room 3	Tiger Adventure	Cabin 6 Room 3
Fuse Creative	Cabin 3 Room 5	Tiger Adventure Sink or Swim	Baleirei Lodge Room B3
Giant Jockeys	Baleirei Lodge Room B2	Tiger Nearly Weds	Cabin 6 Room 2
Goes Alright	Cabin 5 Room 2	Tigers Gone Rogue	Baleirei Lodge Room B3
Griffins (Mon only)	Baleirei Lodge Room B3	Wild Earth Tiger Adventure	Cabin 6 Room 4
GT Sloths MK1	Baleirei Lodge Room B1	Wild Flow Tigers	Cabin 6 Room 1
GT Sloths MK2	Baleirei Lodge Room B1	Wild Women	Cabin 4 Room 5
hARd Days Night	Baleirei Lodge Room B1		

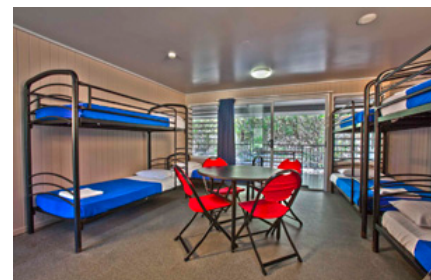
Teams have been assigned the above rooms for accommodation. You are welcome to arrive any time between 10:00am and 2:00pm. Teams should drop their gear and bike boxes at the Transit Centre for temporary storage and then head to the Hall for registration. Teams will be provided their race bibs at registration which need to be worn for the duration that they are on site at Race HQ. Team photos will be taken at registration. There are local options nearby available for lunch.

Rooms will be available from check-in by 2:00pm unless advised earlier. Every cabin will have at least one spare bed although most teams will be sharing with one or more other teams or volunteers. Please be courteous of your use of space and observe a no noise, no lights policy after 10:00pm. You will need to provide your own bedding. Accommodation is in [bunk style](#) rooms.

Map hand out and initial briefing will be at 3:00pm in the Dining Hall and is compulsory for every team member to attend. There is ample space in the Dining Hall for map mark up. This is also the site of all the meals provided to racers, volunteers and guests.

The following meals will be provided at race HQ:

- Monday 22 April 5:30pm – Dinner and supper
- Tuesday 23 April 5:45am – Light breakfast
- Sunday 27 April 5:00pm – Celebration dinner
- Sunday 28 April 7:30am – Awards breakfast



There will be an informal Q&A session with the race director at dinner on the Monday night. Teams will need to have their gear boxes A, B and C and their paddle bags loaded onto the trucks at the “southern” car park on Monday night. Bike boxes need to be loaded onto the truck before breakfast on the Tuesday morning.

Any extra gear bags not going to the race can be labeled and left in Cabin 5, Room 1 for the duration of the race. Cabin 5, Rooms 4 and 5 will be made available to any competitor that withdraws from the race and requires accommodation (at a cost of \$30 a night).

After the race please keep the rooms clean of dirty gear. There are skip bins and washing machines on site. Teams need to have checked out by 10:00am and are responsible for cleaning their own rooms.

Team List

Team numbers have been assigned. You will need to label your gear boxes with these numbers. Check out your competition below:

#	Team Name	Category	Size	Class	Home Town	Competitor 1	Competitor 2	Competitor 3	Competitor 4
1	Rogue Adventure	Mixed	4	Open	Port Macquarie, NSW	Alison McLachlan	Daniel McLachlan	Chris Delaney	Michelle Delaney
2	BMX Bandits	Mixed	4	Open	North Curl Curl, NSW	David Ellis	Shelley Bambrook	Adrian Betts	Myall Quint
3	Dynamite Adventure	Mixed	4	Open	VIC	Karina Vitoritti	Shelley Knowles	Paul Gruber	Bruce Shaw
4	Aussie Battlers	Mixed	4	Youth	Canberra, ACT	Brad Vallette	Emily Rowbotham	Anthony Newman	Fergus Macleod
5	Muppets	Mixed	4	Veteran	Somerset, TAS	Michael Phillips	Adrian Beard	Steve Phillips	Kym Child
6	Wild Earth Tiger Adventure	Mixed	4	Open	Mooloolaba, QLD	Russell Stringer	Gary Sutherland	Kym Skerman	Tim Skima
7	Tiger Adventure	Mixed	4	Open	Brisbane, QLD	Trevor Mullens	Caroline Favier	Aurelien Penneman	Marial Devillers
8	Everyday Life Fitness - Tiger AR	Mixed	4	Open	Brisbane, QLD	Craig Keeling	David Talbot	Margarete Oti Oliveira	Shane Crook
9	Off Trail Adventures Tigers	Mixed	4	Open	Brisbane, QLD	Nic Droste	Helen Bedingfeld	Derek Ireland	Tamyka Bell
10	Wild Flow Tigers	Mixed	4	Open	Gold Coast, QLD	Christine Perry	Shaun Jackson	Wayne Zahra	Sara Barret
11	Tigers Gone Rogue	Mixed	4	Open	Brisbane, QLD	Danielle Lewis	Shane Lewis	Alexia Broome	Murray Cambie
12	Tiger Adventure Sink or Swim	Mixed	4	Open	Brisbane, QLD	Gary Hay	Joel Meddings	Mat Murray	Tanya Shepherd Wehl
13	Deliver Us	Mixed	4	Open	New Zealand	Nick Lowe	Destry Harte	Hedley Meacheam	Nicole Ranger
14	Goes Alright	Male	4	Open	QLD/NZ	Alan Ferris	Jeremy Tibbits	Mark Wilson	Damien Andrew
15	hARd Days Night	Mixed	4	Open	Perth, WA	Grant Pepper	Joel Tate	Dave Symons	Janet Musker
16	Mountain Designs Wild Women	Female	4	Open	Noosa Heads, QLD	Kim Beckinsale	Cass Kimilin	Ali Wright	Aime Munson
17	The Goats	Male	4	Open	Brisbane, QLD	Glenn DiSalvia	Paul Maxwell	David Strong	Andrew O'Neill
18	The Wolfpack	Male	4	Open	Sydney, NSW	Hal Benson	Greg Vale	Matt Logan	Logan Fitzpatrick-Vale
19	International Tigers	Male	4	Open	Sydney, NSW	Murillo Mattos	Paul Sharwood	Graham Hazelwood	Patrick Sherwood
20	Griffins	Male	4	Veteran	Carrara, QLD	Mark Murray	Hunter Beirne	David Collins	Desmond Clark
21	MMI Adventure Racing	Male	4	Open	SA	Morgan Coull	Beau Griffiths	Owen Jones	Rurik Symon
22	Isodopes	Male	2	Veteran	Sunshine Coast, QLD	Andrew Paszkowski	Ian Stewart		
23	Adventure Racing Coromandel	Male	2	Veteran	Coromandel, NZ	Andy Reid	Blair McKinnon		
24	KangRacing	Male	2	Veteran	Brisbane, QLD	Andrew Scott	Steve Amor		
25	BWAR - GE	Male	2	Open	Sunshine Coast, QLD	Everett Putney	Glenn Wilkinson		
26	BWAR - JS	Male	2	Open	Caloundra, QLD	Joseph Mckay	Stewart Hammond		
27	Giant Jockeys	Male	2	Open	Toowoomba, QLD	Troy Evans	Scott Sawyer		
28	Numb Nuts	Male	2	Open	Sydney, NSW	Sebastian Klich	Keith Conley		
29	Directionally Challenged	Mixed	2	Open	Townsville, QLD	Laura Dunstan	Max Kadel		
30	Because Uber was Busy - Tiger AR	Mixed	2	Open	Brisbane, QLD	Michael Gardiner	Courtney McDonald		
31	Tiger Nearly Weds	Mixed	2	Veteran	Mt Tamborine, QLD	Vince McKillop	Donna Johnson		
32	Bicycles Without Bruce	Mixed	2	Veteran	Brisbane, QLD	Richard Robinson	Tamsin Barnes		
33	C an N	Mixed	2	Veteran	Auckland, New Zealand	Cath Heppelthwaite	Nick Collins		
34	Creak Adventure 102	Mixed	2	Veteran	Wagga Wagga, NSW	Gavin Blissner	Angela Farrell		
35	Dated Loaf and Pikelet	Mixed	2	Veteran	Helensville, New Zealand	Rob Garden	Marquita Gelderman		
36	Really?	Mixed	2	Veteran	Auckland, NZ	Hubertien Wichers	Ken Livingston		
37	Steenbergen	Mixed	2	Veteran	Torquay, VIC	Ed Steenbergen	Helen Steenbergen		
38	Sunshine Unicycles	Mixed	2	Veteran	Cooran, QLD	Andrew Flanagan	Wendy Flanagan		
39	Tri Adventure For Better or Worse	Mixed	2	Veteran	Maryborough, QLD	Michele Krome	Greg Krome		
40	GT Sloths Mk2	Mixed	2	Open	Grafton, NSW	Grant Hodgins	Jennifer North		
41	GT Sloths Mk1	Female	2	Open	NSW	Michelle Newstead	Marnie Williams		
42	Fuse Creative	Female	2	Veteran	Auckland, New Zealand	Leigh Cockerill	Anne Lowerson		
43	Peak Adventure Ninjas	Female	2	Open	Melbourne, VIC	Kathryn Morland	Daria Kurtov		

Disciplines

- Trekking (33km - 126km) – both on and off-trail.
- Mountain Biking (289km – 403km) – on sealed and unsealed roads, tracks and fire trails.
- Kayaking (98km - 138km) – on flat-water and white-water rivers, lakes and open ocean.
- Navigation – challenging (quality, pre-marked, event-specific maps provided).

Format

A point-to-point rogaine format course?? The Raid 100 will adopt a format familiar to (and popular with) anyone who has tackled the Rogue Raid 24 hour race. The point-to-point course will cover multiple stages of the core adventure racing disciplines of trekking, mountain biking and kayaking. Each stage must be completed in order, however all check points on any given stage are optional.

As in any rogaine, each check point will be assigned its own score value with teams competing to collect the highest score possible. To make course planning and following the race easier, instead of having scores of 20, 24, 60, etc, the Raid 100 will adopt a single point score format of 1, 2, 3, etc. There are 100 CPs worth a total of 500 points. This Raid events reward wise strategy and accurate navigation just as much as raw fitness. The course will be set to be an achievable journey for the majority of teams entered whilst pushing the nation's top teams to their limits for 100 hours. This format of racing also makes for a social atmosphere as all level of teams are crossing paths on the course.

Note that certain stages on the course will have opening and closing times. These represent cut-offs that teams need to make if they wish to remain ranked on the full course, with the first cutoff occurring approximately 40 hours into the race. Teams unable to complete the course due to injury or illness will be removed from the course and offered accommodation at race HQ at a cost of \$30/night. A number of key transition areas will be setup for camping convenience with quiet zones for teams opting to not sleep out on the course.



Maps

Teams will be provided with duplicate sets of pre-marked, water-proof maps. These are event specific, quality rogaine maps. Teams are not permitted to use any other map. Maps will use a scale of 1:20,000 to 1:25,000 for trekking and some kayaking legs and 1:50,000 for bike and other kayak legs. There are duplicate sets of 17 x A3 maps and 5 x A4 maps.

Kayaks

Due to competitor numbers, a mixed fleet of double sit-on-top kayaks will be used for all paddling legs of the race. These include a fleet of Spirit Double CTR kayaks and a fleet of Cabo double kayaks. Teams will be assigned boats according to their categories with both fleets comparable in speed, weight, handling, comfort and storage. Note that paddles and/or PFDs can be provided for free of charge, however this is only upon request prior to the race. Teams are also recommended to bring their own seating such as a piece of foam to make paddling more comfortable, and should prepare for some long, expedition-length kayaking legs.



Back rests can be hired for a charge of \$10. To pre-book, complete the form linked [here](#).

Portaging

There is at least one portage leg of approximately 400m in the race. Portage trolleys are not permitted. We recommend bringing a set of two adjustable tie-down straps for each kayak which can be looped under the boat and used to help carry the load like a hand bag strap. One of the kayak legs is very dependent on rain for good river flows. April is historically an ideal time to paddle this river, however we are coming off the back of an historically dry and hot summer with river levels currently at extreme lows. More information will be provided in the race briefing.

The only items permitted in the paddle bag are paddles. Split paddles are highly recommended.

Shoes and Helmets

Competitors will not be required to carry their trekking shoes while cycling. It is recommended, however, that they bring at least two pairs of trekking shoes, along with a pair of paddle booties or a third pair of trekking shoes (personally I would opt for the third pair or trekking shoes given the likely hood of a number of short portages).

Helmets will be required on multiple kayak legs. Teams are permitted to wear their bike helmet, however if they only bring one helmet to the race they will need to carry it with them for the duration of one of the trekking legs. Bringing a second, kayak specific helmet, will help avoid this.

Categories and Team Sizes

The three competitive categories acknowledged in awards are Mixed, Male and Female. Teams can be either of 2 or 4 competitors. Both are considered equally in rankings and awards. A full team list can be found [here](#).

Box and Bag Logistics

Teams will have all necessary equipment moved around the course via bike boxes, gear boxes, paddle bags and kayak bags (in a format similar to AWRS races, XPD, GODZone, etc).

Bike Boxes

Every competitor must pack their bike and associated equipment into a standard airline bike box (dimensions of 140cm x 80cm x 30cm). These can be purchased from an airline as cardboard boxes, however corflute boxes are significantly more durable and therefore highly recommended. Instructions on how to build your own bike box can be found on the [Rogue Adventure blog](#). Alternatively, corflute bike boxes are available for sale from [EnviroBox](#). Competitors will see their bike boxes approximately four times on the course. Maximum weight allowed is 35kg.

Gear Boxes

Every team must provide gear boxes as per the requirements on the mandatory equipment list: two boxes for teams of 2, three boxes for teams of 4. The black trunks employed by races such as XPD and GODZone are mandatory and must have secured lids. These will be moved around the course for teams to access food and a change of clothes at all transition areas. Competitors will see each gear box approximately two to four times on the course. Maximum weight is 30kg.

Kayak Bags

Every team must provide a labelled kayak bag. The only items permitted in this bag are the mandatory kayaking equipment: PFDs, throw bags, helmet and glow sticks plus any foam seating used by teams. **No other items** (food, shoes, clothes, maps etc) **are permitted in these bags** which will be monitored closely.

Paddle Bag

In addition to the kayak bag, teams are permitted to provide a separate labelled bag for paddles. The

Volunteers

Volunteers play an integral role in an event of this scale going forward. The Rogue Raid has always been fortunate to receive massive support from volunteers, which can be just as rewarding as racing itself. There are multiple jobs we require volunteer assistance with over the week including race registrations, logistics with moving equipment, manning transition areas, search and rescue safety, course sweeping, photography, etc. Volunteering is also a great way to get access to teams out on the course. All volunteers will have their accommodation for the period of the race covered and will receive volunteer rewards to a future Raid Adventures event. To find out more, contact Liam St Pierre at rogueadventureracing@gmail.com

Example Course

Whilst this is the inaugural Raid 100 event, you can get a good picture of the format from the Rogue Raid events. Full links to course maps and descriptions from the past decade of race can be found on the [Results page](#) of the Raid Adventures website.

Spectators

If you intend to travel with family and friends for the Raid 100, the race HQ venue is an excellent site for a relaxing (or adventurous!) holiday off the back of Easter. The Gold Coast Recreation Centre facilities include indoor and outdoor courts, pool, gym, climbing wall, oval, wifi and direct beach and creek access. We have some limited capacity for accommodation and meals for non-competitors at the race HQ venue. Accommodation can be booked at a cost of \$30/person and pre- and post-race meals for \$20/person. To book, contact rogueadventureracing@gmail.com – it's recommended to get in early as places are limited. Of course, one of the best ways to be a spectator out on the course is as a race volunteer!

Course Distances

How hard will it be? One of the fantastic things about a rogaine format adventure race is that it is achievable by any level of athlete as each team decides how many check points to get and even which stages to tackle. However, it should be stressed that the Raid 100 will be our definitive challenge. Ultimately you will be taken on a linear journey from an undisclosed race start back to HQ. As the planned course currently stands, there are nine stages covering 420 - 660km with 33 - 126km of trekking, 289 - 403km of cycling and 98 - 138km of kayaking. Off-trail travel will be a feature of the trekking, the cycling will be a mix of fire roads and sealed sections and the kayaking encompasses flat lakes, white water rivers up to grade 2 and some ocean paddling. The full course will likely be unsweepable even for a world class team. Yes, it will be a tough race, however with the right preparation I believe any team with at least 24 hour adventure race experience planning to sleep 2-3 hours a night will be rewarded with that special finish line feeling.

Hand Drawn Maps

Looking for a special memento from the race. Nic Droste from Off Trail Adventures is offering hand drawn maps from the course for sale. Each map will be personalised for your team and with a draft version available by 12 May 2019. Contact Nic at nicdroste@offtrailadventures.com.au or on 0401 644 192 for more information. Orders can be placed at:

offtrailadventures.com.au/artist-map/



Live Site and Tracking

Every team will carry a SPOT satellite GPS tracker. These are first and foremost a safety device to be utilized in an emergency situation. However, they will also permit the live tracking of teams on the course. Tracking, along with a live leaderboard, course flyover, photos, discussion and more can be found at the race live site: raidadventures.com/100live/

Further Inquiries






For further information, contact Liam at rogueadventureracing@gmail.com or 0405 728 128.

Raid 100 Mandatory Equipment List





Below is the list of mandatory equipment items to be carried by competitors on the course. This is a bare minimum of required equipment. All competitors are expected to be self-sufficient out on the course and will be travelling through a number of remote and rugged areas. Temperatures at this time of year can reach both extremes of heat and cold. In the event of an emergency, your team mates will be the source of first response. Heavy penalties including deducted points right through to exclusion from the race will apply for teams found not carrying an item of mandatory equipment.

At All Times






Item	Number	Notes
 <p>Mobile Phone</p>	1 per team	Fully charged, switched off and water proofed. Must have the Emergency+ App installed: Android or iPhone .
 <p>Headlamp</p>	1 per person	With sufficient batteries for 4 nights of racing.
 <p>Whistle</p>	1 per person	Accessible at all times. Attached to PFD during kayak legs.
 <p>Waterproof jacket</p>	1 per person	Seam sealed and with a hood.
 <p>Thermal top</p>	1 per person	Long sleeved. Made from thermal, wicking material. Can be worn or carried. Arm warmers plus short sleeve top sufficient.
 <p>Sleeping bag</p>	1 per person	Down or synthetic sleeping bag is strongly recommended. Sol Bivy sack or equivalent is sufficient. Thermal (space) blanket/bag is insufficient.
 <p>Compass</p>	2 per team	Southern hemisphere compass. Electronic (watch or phone) compass is insufficient.

	Lighter	1 per team	Waterproofed. Strictly for emergency use only.
	Folding knife	1 per team	Sufficient for cutting rope in an emergency. To be immediately accessible at all times while kayaking.
	First aid kit	1 per team	Sufficient for dealing with injuries in the bush including cuts, stings, blisters, bites, hypothermia, breaks, burns, pain, diarrhea, infection, splinters, rash, chafing and envenomation.
	Spare headlamp	1 per team	Sufficient to read a map and see your feet at night.
	Spot GPS tracker	1 per team	Provided by organisers. Always packed with best line-of-sight to the sky as possible. Teams to provide and carry 4 x new AAA lithium batteries as a back up.





Mountain Bike Stages

Item	Number	Notes
 Mountain bike	1 per person	Sufficient for riding on rugged trails.
 Helmet	1 per person	Must meet Australian standards.
 White front light	1 per person	To be on at all times when riding at night. Headlamp is sufficient.
 Red rear light	2 per person	To be on at all times when riding, day or night.

Kayak Stages

Item	Number	Notes
 <p>PFD</p>	1 per person	Type 2 or better. To be worn at all times while kayaking. Inflatable PFDs are insufficient. Can be provided if required.
 <p>Paddle</p>	1 per person	Paddles can be provided if required.
 <p>Helmet</p>	1 per person	To be worn at all times on white water and ocean kayak legs. Bike helmet sufficient.
 <p>Glow sticks</p>	5 per person	Minimum length of 10cm. Cracked and worn high on the shoulder when kayaking at night.
 <p>Throw bag</p>	1 per boat	To be accessible at all times while kayaking.

Boxes and Bags

 <p>Bike Box</p>	<ul style="list-style-type: none"> • 1 per person. • To meet airline standards, ie 140cm x 80cm x 30cm. • Labelled with competitor name and team name + number. • Maximum weight – 35kg.
 <p>Gear Box</p>	<ul style="list-style-type: none"> • 2 per team for teams of 2. Labelled A and B. • 3 per team for teams of 4. Labelled A, B and C. • Black “XPD” style gear box mandatory. • Maximum weight 30kg. • Labelled with team name, number and the letters A to C.
 <p>Kayak Bag</p>	<ul style="list-style-type: none"> • 1 per team. • Must be able to transport all the team’s mandatory kayak equipment and kayak seating. Strictly no other item permitted to be transported in kayak bags (penalties apply).
 <p>Paddle Bag</p>	<ul style="list-style-type: none"> • OPTIONAL – 1 per team • For transport of the team paddles if they can not be fit in the team kayak bag. • Labelled with team name. Must contain paddles only.

Prohibited Items

- Any form of GPS or distance measuring devices including foot pods, pedometers, step counters, etc
- Cycle computers
- Night vision goggles
- Altimeters
- Any maps other than those provided

Recommended Items

The above list is the bare minimum of mandatory equipment teams are required to carry on the course. It is sufficient to manage an emergency situation until first responders can arrive to render assistance. To comfortably complete the course, teams are recommended to carry the following suggested items:

- Outdoor clothing including hats, sunglasses, gaiters, thermal pants, waterproof pants, beanie, gloves and fleece.
- Two tie-down straps per kayak to assist with portaging.
- Sunscreen, insect repellent, anti-inflammatory medication and other additional first aid.
- Trekking poles.
- Toilet paper and trowel.
- Means to purify water (tablets, filter, steripen, etc).
- Camp stove for boiling water.
- Tent and sleeping mat.
- Bike repair tools and spare parts.
- Wetsuit for kayaking at night.

