

1 PER TEAM

COMPULSORY



First Aid Kit

See **RED** section below
for more detail



Cellular Phone

For emergencies only!
Use appropriate water
proofing & protection



Whistle

Your voice is no match!
1 * blast "Where are you?"
2 * blasts "Come here."
3 * blasts "**Help me!**"distress call



Space Blanket

EMERGENCY RESCUE
1 Wrap around total body.
2 Keep patient warm an dry.
3 Call for help if needed.



Rain Jacket

Keeping dry is important in a survival
situation A Rain Jacket will help
reduce heat- loss in hypothermic
situations.



Thermal Base
Layer

Long sleeve, close fitting top.
Moisture wicking/ quick drying.



Backpack

Suggested 25ltr - 40Ltr - Osprey
Hiking Backpack Talon 33 (Male) is a
good option for medium to long
races. www.adventureinc.co.za



Mountain Bike



Helmet

1 PER TEAM MEMBER

COMPULSORY