

# NEVAREST

## CHALLENGE

### 36HR



## COMPULSORY EQUIPMENT LIST

(MIGHT CHANGE BASED ON WEATHER CONDITIONS)

### COMPULSORY ON ALL LEGS

WATERPROOF/SHELL - TOP

BASE LAYER - TOP

MID LAYER - TOP

BASE LAYER - BOTTOM

BASE LAYER - HEAD (BUFF/BEANIE)

LIGHT SOURCE (HEADLAMP)

SLEEPING BAG (1 PER TEAM)

CELLPHONE (WILL BE SEALED AND NUMBER MUST BE PROVIDED TO ORGANISERS)

DIGITAL CAMERA (NOT THE CELLPHONE THAT IS TO BE SEALED)

COMPASS (2 PER TEAM)

WHISTLE

SPACE BLANKET

FIRST AID KIT (SEE BELOW)

### MOUNTAIN BIKE SPECIFIC

HELMET

FRONT WHITE LIGHT

REAR RED LIGHT

### KAYAK SPECIFIC

PLASTIC SIT ON TOP KAYAK (OWN OR ORGANISER TO PROVIDE)

PADDLE

PFD (PERSONAL FLOTATION DEVICE)

HELMET

ILLUMINATION/GLOW STICK (1 PER COMPETITOR)

SHELL LAYER - BOTTOM (RECOMMENDED)

### FIRST AID KIT

TRIANGULAR BANDAGE

ANTI-INFLAMMATORY/ANALGESIC

ANTIHISTAMINE

STRAPPING 2M X 7.5CM

WOUND DRESSING/GAUZE

ANTIDIARRHEAL MEDICINE