



NEW YORK: SOURCE TO CITY 2024 – MANDATORY GEAR LIST

Note: All items are mandatory, unless it says recommended, where they are, well, recommended!

TREKKING OR TRAIL RUNNING – MOUNTAIN STAGE

- Trail running/walking footwear or lightweight boots.
- Day pack. An ultra running vest or a small backpack – between 2.5 – 5 US gallon capacity (10 and 20 liters) is fine.
- Water carrying capacity – minimum 50 oz (1.5l). Bottles, soft flasks or bladder systems are all fine – or a combo.
- Trail running/walking apparel – shorts, technical wicking tee/ base layer, long-sleeved wicking layer, mid-layer (e.g. micro fleece).
- Waterproof upper-body and leg cover.
- Buff or similar neck gaiter and sun hat/cap.
- Spare base and mid layers.
- Socks; consider neoprene and GoreTex, as well as warmer sport socks. Also consider a 2-sock system with a toed liner sock (e.g. Injinji) and an outer, cooler trekking sock. We are told our own Rat Race Merino socks are pretty good, too!
- Blister care kit – see medical section in EEI for more details on what this should include
- Bivvy bag.
- First Aid kit - see medical section in EEI for more details on what this should include
- Water bottle and/or cup or Hydration system for rucksack.
- Trekking poles (optional but highly recommended for some of the mountain stages).
- Headtorch, waterproof to IPX7 standard. Minimum 150 lumens + spare batteries or second headtorch.
- Water filter: Whilst there is copious supply of fresh water from brooks and streams in the high mountain area, it is possible that water sources are contaminated. In order to prevent infection, a small personal water filter (or filter bottle) is required. Items such as the Katadyn BeFree is ideal.

BIKE STAGES

- Road bike (your own or hired).
- Bike shoes and cleats (optional – rental bikes will be provided with flats but you may substitute with cleats as required).
- Cycling jersey.
- Cycling shorts.
- Cycling gloves.
- Water carrying capacity – minimum 1.5l. As with foot sections – bottles, soft flasks or bladder systems are all fine – or a combo.
- Bike hand-pump.

- Bike multi-tool.
- Bike puncture repair kit – to include spare inner tubes, slime (if you use it) or spare CO2 canisters.
- Set of bike lights – front and rear.
- We will carry a trackpump with us on each support vehicle.

WATER STAGE KAYAK

- Buoyancy aid, paddle and kayak (double or single) will be provided.
- You should dress in waterproofs and technical wicking undergarments. These can be the same ones you have used on the run stage. Please remember you will be sitting stationary and WILL get wet. Avoid cotton and use technical wicking fabrics.
- If you do have kayaking gear, such as a cag, then please do bring these.
- Sandals, boat shoes or any permeable trainers are also useful for this stage.
- Gloves suitable for paddling – cycle gloves and neoprene gloves are good for this – Optional.
- A dry bag and/ or waterproof rucksack liner (or a selection of small and larger ones) will be essential to stow gear inside your boat to ensure it does not wet on the kayak.

Bottom line: Try and wear quick-drying gear or stuff you can get wet and then discard and change into other clothes. There will always be the option to access your support bag after this section but you should plan to be self-contained on the river itself.

ROAD RUNNING STAGE

- Road running sneakers.

All other requirements for this stage are covered in the sections above, but bring additional fresh clothing as you see fit.

NIGHT TIME GEAR

- Ear buds if light sleeper.
- Toiletries.
- Medication.

GENERAL

- Casual clothing for use in evenings and transit stages – you will be able to leave a ‘second bag’ or ‘transition bag’ in the support vehicles so you have warm/ spare/ casual/ dry clothes available when you interact with the support vehicles at pit stops, so you do not need to carry this with you the whole time – see below where we reference the ‘vehicle bag’.
- General ‘overnight’ bag (holdall, duffel) for spare kit. Please go for a MAXIMUM size capacity of around 16 US Gal (60 litre) and no more than approx 35 lbs (16kg) pls. We don’t have unlimited carrying capacity.
- General trekking trousers and robust outdoor footwear are recommended just given the type of trip we are on.
- Towel – travel micro towel or full-size.
- Bandana, Buff or similar.
- Personal toiletries including any personal medication required.
- Multitool or penknife.
- Reading material.
- Smart phone.
- Power bank for mobile phone.
- Charging cables for phone and other personal devices.

EMERGENCY SUPPLIES AND FOOD

- Small personal med kit including absorbent bandage.
- Bivvy bag like this.
- Personal medication.
- Food: Aim always to have a minimum of 400 kcal on your person (equivalent of approx. 4 gels or 2 energy bars).

OVERNIGHT BAG

- Change of clothing, evening wear, food treats, charging devices, money and bank cards as laid out above in the general section, in a second 'overnight' bag (i.e. not your rucksack): Max 16 US gallon (60l) x 35 lbs (15kg).

IF THERE ARE ANY CHANGES FOR THE EVENT THIS WILL BE COMMUNICATED IN THE PRE-EVENT DOCUMENTATION

Carrying this kit is a requirement of the Event and forms part of our planning in ensuring reasonable measures are put in place to keep you safe should anything go wrong during this adventurous endeavour. We ask you not to take short cuts or 'second guess' our advice. For instance, the carrying of waterproofs is required even if rain or snow is not forecast as a means to prevent cooling down too fast if you get injured in a location that is very exposed to wind or extreme cold – remember you may be very tired and sweaty, and who says the forecast is always right? In the Arctic, being prepared is key. It is therefore important that you carry the mandatory kit at all times.

The emergency kit is important for several reasons:

1. It helps you to help yourself should you have a problem.
2. We are in this together and you may need to assist others if they have a problem.
3. In the case of an incident our Event Control and safety teams will make decisions based on the knowledge that you all have this equipment.
4. Carrying the kit is a requirement for everyone and hence provides an equal and fair challenge.
5. It is part of our risk assessment process that is shared with insurers. Your insurance may be invalid if you do not follow our advice.
6. If your lack of kit preparation contributes to making an incident more serious, then you may be avoidably drawing resources from our medical team and the emergency services at the expense of others.
7. Without the kit you will be unable to complete registration. If during the race you are not carrying the mandatory kit then you will be disqualified and deemed to have not completed the challenge.

Bags

There are 3 bags to be considered for this journey.

1). Daypack: (For trek and run stages – spare clothes, water, food) – small rucksack or Ultra vest.

2). Overnight bag: All spare and overnight gear (max 35 lbs and 16 US Gal capacity).

3). Vehicle bag: For carrying on the vehicles and getting access to quickly whilst on the route – spare clothing, snacks, transition gear to change into from hike – bike, or bike – run etc (small holdall or backpack is suitable).