



ADVENTURE RACING

Gear List

For those who thirst adrenaline and competition, adventure racing offers a physical, mental and emotional challenge set against the backdrop of epic natural landscapes. Having the right gear is essential to beating the clock and your rivals, so check out this gear list to make sure you're equipped to handle the elements.

CLOTHING & FOOTWEAR

- Racing T-shirts
- Racing shorts
- Wicking underwear
- Waterproof jacket
- Cap
- Neck gaiter
- Trail running shoes
- Socks
- Gaiters

If it's cold, add in...

- Thermal top
- Thermal pants
- Gloves
- Beanie
- Fleece jacket or down jacket (post-race)
- Fleece pants (post-race)

PERSONAL ITEMS

- Toiletry bag
- Soap (post-race)
- Lip balm with SPF
- Sunscreen
- Insect repellent
- Basic first-aid kit
- Travel towel (post-race)
- Sunglasses

MANDATORY RACING ESSENTIALS

- Mobile phone
- Headlamp with spare batteries
- Whistle
- Emergency space blanket
- Compass

OTHER USEFUL RACING EQUIPMENT

- Multi-tool or pocket knife
- Watch with altimeter
- Trowel
- Map measure
- Map case
- Food/Snacks
- Water bottle
- Water purification tablets (expedition length racing)
- Tent (expedition length racing)
- Sleeping bag (expedition length racing)

PACKS & BAGS

- 8L Day pack (sprint events)
- 20L Day pack (up to 48-hour racing)
- 35L+ Day Pack (expedition length racing)
- Hydration bladder
- Dry bags