



BC BIKE RACE 2010: MANDATORY GEAR

The List - Per Person (The SafetySixPack):

- 1) 1 rain shell
- 2) 2L water (at start or demonstrable capacity at any checkpoint)
- 3) whistle (Fox40 or better)
- 4) emergency food
- 5) pressure dressing (to stop uncontrolled bleeding)
- 6) waterproof matches or waterproof lighter

Recommended Gear List - Per Team:

cycling computer
space blanket
tire levers
hand pump
tube
patch kit
multi-tool
cell phone
first aid kit
arm warmers
leg warmers

gloves
headlamp
chain break and quick link
zip ties
chain oil
duct tape
knife
sunscreen
sunglasses
insect repellent
brake pads/shoes

Policy:

- All racers must carry the mandatory gear.
- There will be a Mandatory Gear display at Day Zero.
- There will be random checks throughout the week to ensure that racers are carrying this gear.
- Racers found to not carry the mandatory gear will be subject to time penalties (15 minutes for the first infraction and 30 minutes for the second infraction).
- Racers or Teams with 3 time penalties are disqualified from racing.