



WCAD Series: Equipment List

(Adapted from ARWS Equipment list. All credit to ARWS. www.arworldseries.com)

   ALL LEGS: TREK-MTB-KAYAK				
Yes/No	Name	Image	Quantity	Description
✓	Official Race Bib (Vest/ Jersey/ Bib)		1 x per competitor (no share)	The official race bib must be worn by each competitor at all times as the outermost garment. Vest/packs that cover the front of the bib are not permitted. Race bibs are provided by the race organisers.
✓	Whistle		1 x per competitor (no share)	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
✓	Light Source (Headlamp)		1 x per competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g. headlamp, cycle lights.
✓	Shell Layer Top (Jacket)		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have hood, seams tape sealed and be suitable for potentially extreme conditions in an adventure race.
✓	Baselayer Top		1 x per competitor	Long sleeve, close fitting top of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Top may either be carried or worn.
✓	Baselayer Legs (Leggings/ Tights)		1 x per competitor	Long leg, close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Bottom may either be carried or worn. (WINTER ! COLD WEATHER RACES ONLY)
✓	Baselayer Head (Beanie)		1 x per competitor	Beanie (or Buff) must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn over your hair/skin. Beanie may either be carried or worn. (WINTER ! COLD WEATHER RACES ONLY)
✓	Survival Blanket (Space Blanket)		1 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility. (note bags can deteriorate over time).
✓	Magnetic Compass		1 x per team	Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race (e.g. zone 1,2,3,4,5 or Multi zone compass). Watch compasses do not meet these requirements.
✓	Cell Phone		1 x per team	Cell phone with fully charged battery, turned off and in waterproof bag/container for emergency use only. Race organisers will provide advice on specific cell network (if required) and seal phones in security bags before the race.
✓	Fire Starting Device		1 x per team	Waterproof matches, gas cigarette lighter, flint and steel are all acceptable fire starting devices.

✓	Knife		1 x per team	Minimum blade length 50mm and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while kayaking.
✓	Course Information and Maps		1 x per team	Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing. Adequate waterproofing e.g. laminated or waterproof paper, clear adhesive(Contact) or waterproof map bag.
✓	First Aid Kit		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.

	MTB LEGS			
Yes/No	Name	Image	Quantity	Description
✓	Mountain Bike		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
✓	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent)
✓	Front Light		1 x per competitor	Front facing white light. May be head or handlebar mounted.
✓	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team.

	KAYAK LEGS You are required to bring your own kayak equipment for races that include a paddle leg unless you opt to rent (at additional fee) from organizer in which case the following will all be included in your rental.			
Yes/No	Name	Image	Quantity	Description
✓	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor (no share)	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while kayaking. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy. Organisers may have specific tests in place to ensure buoyancy meets required standards and laws.
✓	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	Paddle		1 x per competitor	
✓	Kayak/ Canoe			Two singles or one double kayak per team. Craft should be suitable for flatwater paddling ie on dam or gentle river. eg. K1, K2, Surfski, Sea Kayak

 FIRST AID REQUIREMENTS				
Yes/No	Name	Image	Quantity	Description & Required Discipline
✓	Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 metres and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.
✓	Triangular Bandage		1 x	This bandage in shape of right angle triangle can be used to make a sling, as normal bandage and other applications.
✓	Wound Dressing (Sterile)		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended.
✓	Strapping Tape (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
✓	Antihistamine (strong)		4 x adult doses minimum	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction.

Recommended Items - Additional first aid items that are highly recommended include analgesics (pain reliever e.g. Paracetamol), anti-inflammatory tablets (e.g. ibuprofen), electrolyte replacement, anti diarrheic, disinfectant and antiseptic solutions/creams, blister treatment, CPR face shield, medical gloves.

RACE SPECIFIC ITEMS

(These items added by the specific Race Director)

Yes/No	Name	Image	Quantity	Description & Required Discipline

 PROHIBITED EQUIPMENT				
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- GPS devices. Includes devices that show your position, display maps, distance travelled etc (excludes GPS trackers provided by the organisers).
- Distance measuring devices such as foot pod accelerometers and pedometers. (cycle computers exempt)
- Mobile phones, radios, other communications or internet access devices etc (excluding the compulsory emergency phone sealed prior to the race).
- Maps other than those provided by the organisers (specifically from race start to crossing the finish line).
- Firearms, night/ nocturnal vision devices.

PERSONAL RESPONSIBILITY AND ASSUMPTIONS - You and your team together are responsible entirely for carrying suitable and appropriate equipment, clothing and sustenance for the climate, conditions and activities in the event. This Mandatory Equipment List is NOT a list of the only items you should take. It contains the mandatory items that you and your team must carry with you, at specified times, to meet minimum safety requirements by law, prevent and/or treat SOME potential injuries, and short term survival purposes (for example a seriously injured team member, in a stationary position, overnight in bad weather). It assumes your team members will NOT separate during the race and that you may share between members the mandatory equipment that must be carried. You will certainly need additional equipment, clothing, food and drink for your participation in the event.

RECOMMENDED AND INFERRED ITEMS

The following items, categories of equipment or related items, are either strongly recommended by organisers, or assumed to be an inferred requirement as competitors must have an understanding of adventure racing, the activities they will be participating in, and general outdoor adventure knowledge and experience.

- Backpacks and water carrying containers/ bladders/ bottles.
- Foods and sustenance, sufficient until the next re-supply point, including emergency quantities.
- Personal race clothing and footwear suitable for extreme conditions (including accessories such as hats/ gloves, eye protection, watch/altimeter as required and clothing for water activities such as wetsuits).
- Waterproofing/ dry bags to keep personal and team equipment as dry as necessary.
- Water purification device or chemicals - to avoid illness from drinking contaminated water.
- Personal medications, permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification, sun protection.
- Money/ Credit card, personal identification card/ Passport, immigration or visa certificates.
- Cycle repair kit (including pump, tubes, tools and spare parts).
- Additional and back up Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.