
COLD FOOT CLASSIC GEAR LIST-2009

MANDATORY BACK PACKS

Cold Foot Classic racers are required to carry a back pack (or pull a ski pulk) at all times during the race. Racers must check off the items on the Gear List, sign the Gear List and submit the Gear List at the registration office. Back packs may be randomly inspected. There is no maximum weight limit.

MANDATORY RACE GEAR IN THE BACK PACK (NOT ON THE RACER)

- EXTRA toque or balaclava (heavy weight)
- EXTRA mitts or gloves (heavy weight)
- EXTRA insulating socks (heavy weight)
- Head lamp with extra batteries
- 1.0 litre thermos (fill at every CP)
- Emergency / Back-Up food (approx. 2000 calories not to be consumed on route)
- Drinking cup or water bottle
- Route map

MANDATORY SURVIVAL KIT

- Whistle
- Emergency Space Blanket
- Candle or 'canned heat' source
- Basic first aid
- Fire starter
- Glow Stick

(A limited number of survival kits will be available for purchase at the Registration Office. Every solo must carry a survival kit; relay team members may pass one kit off at transition check points.)

MANDATORY PERSONAL GEAR

- Sunglasses (extra dark lenses are recommended)
- Complete set of wind breakers (Gore Tex is NOT recommended in this climate)
- Appropriate underwear and outer wear for temperatures 0 to -40

RECOMMENDED ADDITIONS

- GPS and extra batteries
- Compass
- Pocket heat packs
- Non water based skin moisturizer
- Lip balm
- Sun block with high SPF (20+) or zinc cream
- Blister kit
- Mini LED key chain flash light
- Brush to remove snow build up
- Ski goggles

SUPPORT CREWS

Cold Foot Classic racers are encouraged to have support crews at the road accessible check points.

RACER NAME (please print)

RACER NAME (please sign)