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# K-ROCK ULTRA GEAR LIST-2009

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## MANDATORY BACK PACKS

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K-Rock Ultra 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 list, sign the list and submit the list at the registration office. Back packs may be inspected at the Rock and Ice Registration Office. There is no maximum weight limit.

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

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- 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 food *(approx. 2000 calories not to consume during the event)*
- Drinking cup or water bottle
- Route map

## MANDATORY SURVIVAL KIT

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- Whistle
- Emergency Space Blanket
- Candle or 'canned heat' (a source of emergency heat)
- Basic first aid
- Fire starter
- Glow Stick

*(A limited number of survival kits will be available for purchase at the Registration Office. Every solo racer and team of three racer must carry a survival kit)*

## MANDATORY PERSONAL GEAR

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- 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
- GPS and extra batteries

## RECOMMENDED ADDITIONS

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- 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 buildup
- Ski goggles

## GEAR CACHES

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K-Rockers are required to pack an 'action packer' that will be transported to the stage camps by Rock and Ice volunteers. Action packers are 17" high; 18" wide, and 26" long and will be weighed (max 20 kgs) and may be inspected at the Rock and Ice Registration Office and/or at the 'Surviving the Rock and Ice' training course.

Action Packers will be supplied at the Rock and Ice Registration Office.

## MANDATORY GEAR IN THE ACTION PACKER

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! PACK TO BE SELF-SUFFICIENT AT EACH STAGE CAMP!

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- Sleeping bag with a temperature rating of **at least -30° Celsius** (*it was -40 in 2007!*)
- Bivy Sac (*protection from condensation, added warmth, emergency shelter*)
- Moisture resistant ground sheet (the tents are floorless; you will be directly on snow)
- Thermal groundsheet (*Therma-rest or closed cell foam*)
- Warm, comfortable, clean camp clothes
- Warm comfortable camp boots
- Toiletries
- Food for 2 days
- Complete Kitchen: cook stove, fuel, pots and pans, cutlery and utensils

There will be kit inspections. Penalties and disqualifications will result from missing or inappropriate kit.

**Sleeping bags will all be checked for temperature ratings. No exceptions.**

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NAME (please print)

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NAME (please sign)