

Sleep When You're Dead Gear list

Trek Legs:

Pack to carry food, water, and required gear
Sufficient food
Sufficient water
Rain Jacket
Running/Hiking Shoes
Head Lamp (with extra batteries)
Emergency Blanket
Sufficient clothing for weather & weather changes
Beanie/Buff
Wool or Fleece under-layer
Gloves
Puffy/down jacket (recommended)
Spare Socks (recommended)
First Aid Kit (per team)
Compass (per team, 2 recommended)
Working Cell Phone (per team)
Maps (provided, per team)
Map Case (recommended)
Passport (provided, per team)
Whistle (per person)
Folding knife (per person)

*GPS - You may record your race on a device for fitness information to be accessed after the race. However, use of GPS info or data during the race is considered cheating.

Bike Legs:

Bike
Helmet
Emergency Blanket
Pack to carry food, water, and required gear
Sufficient food
Sufficient water
Rain Jacket
Sufficient clothing for weather & weather changes
Beanie/Buff
Wool or Fleece under-layer
Gloves
Puffy/down jacket (recommended)
Spare Socks (recommended)
Spare bike tire or patches
Bike Tool (per team)
Bike pump (per team)
First Aid Kit (per team)
Compass (per team, 2 recommended)
Working Cell Phone (per team)

Maps (provided, per team)
Passport (provided, per team)
Bike lights (front white, rear red blinking)
Headlamp (with extra batteries)
Whistle (per person)
Folding knife (per person)