



AR23

LILYFONTEIN SCHOOL
ADVENTURE RACE 2 SEPT. 2023



LILYFONTEIN AR23 EQUIPMENT CHECKLIST

BUSH WACKER AND MUD OVERLOAD COMPULSORY EQUIPMENT

EACH Competitor MUST be equipped with the following compulsory equipment:

- Mountain bike and ANSI approved cycling helmet
- 1-litre hydration system and water bottle
- Cold and wet weather gear
- 1 safety/space blanket per person
- Applicable shoes
- Food for duration of race

Each TEAM must be equipped with the following minimum equipment:

- A backpack capable of containing the equipment and provisions required by the team. Hip-packs are not suitable.
- 1x First aid kit (containing the necessary equipment to cope with injuries while far from assistance)
- 10 m continuous ski rope (diameter >7mm – usually used for towing etc.)
- 1 x whistle
- 1 x knife
- 1 cellular phone (watertight sealed as it will get wet)

RECOMMENDED EQUIPMENT

- Cycling Speedo
- Emergency spares for bicycles
- Waterproof map holders
- One plastic supply box per team to contain spares/food for transition
- Special medication asthma pump etc.
- Sunblock
- Toilet paper

LITTLE LYNX'S (GRADE 1 – 3) COMPULSORY EQUIPMENT

- Mountain bike and helmet per team member.
(No helmet, no ride. Helmets are to be worn in all sections)
- Trail or running shoes
- Hydration pack per team
- 1 x water bottle per person
- 1 x basic first aid kit per team (plasters etc.)

RECOMMENDED EQUIPMENT

- One plastic supply box per team to contain spares/food for transition
 - Sunblock applied before race
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ADVENTURE CUBS (GRADE 4 – 5) COMPULSORY EQUIPMENT

- Mountain bike and helmet per team member.
(No helmet, no ride. Helmets are to be worn in all sections. Please make sure it fits properly).
- Trail or running shoes
- Hydration pack per person
- 1 x water bottle per person
- 1 x whistle per team
- 1 x basic first aid kit per team

RECOMMENDED EQUIPMENT

- One plastic supply box per team to contain spares/food for transition
- Sunblock applied before race