

# FAQ FRIDAY #11





## **FREQUENTLY ASKED QUESTIONS**

### **IMPORTANT REMINDER:**

Please remember that all certificates of ability are **due by August 9, 2019. This is TODAY!** Teams who have not submitted their certificates by August 9, 2019 may not be allowed to race. We will be rigorous in enforcing this deadline. Safety is an important factor in this race and the certificates are an important component of our safety plan. Please take note of the following:

- Certificates from previous Eco-Challenge races do not apply. You must submit a new certificate for this year's race.
- If a team member's experience meets the qualifications listed on the certificate, then you may have them sign the certificates for your team. Please follow the directions on the certificate and attach proof of why they are qualified to sign.
- **Any team member missing a signed Certificate of Ability will NOT be allowed to race.**

### **ATTENTION: Update to Mandatory CLIMBING AND FIXED ROPES GEAR**

**The Metolius Alpine PAS 14 kN will not be allowed. Grigri devices of any model will not be allowed. We apologize for any inconvenience or expense this will cause you, but it is for your own safety.**

**Q: Can you please confirm if [this](#) works as a personal anchor? This is different than conventional daisy chain. It provides 22 kN of strength.**

**A: YES.**

**Q: Is the [ATC Pilot](#) allowed as a rappel device?**

**A: NO. The ATC Pilot is not allowed as a rappel device by the Eco-Challenge climbing guides. It is not marketed as a rappel device and in use it has proven to jam and be jerky and awkward.**

**Q: Can you recommend a 14kN Metolius Alpine PAS that is CE / UIAA certified?**

**Everything we've seen for sale, is not certified at 14kN, only at 22kN.**

**A: Although the 14kN Metolius Alpine PAS was on the list, it has been determined that it is not a certified piece of climbing gear and must not be used, instead use the Metolius PAS 22 Personal Anchor System. Please accept our apologies for the error, this has been changed on the Mandatory Gear List.**

**Q: Does the SUP leash come with a quick release system?**

**A: NO.**



## **FREQUENTLY ASKED QUESTIONS**

**Q: Can we purchase a separate red blinking light to satisfy the requirement that our headlights have that feature? Alternatively, can we use a red filter that snaps on to the headlights that we have now?**

**A:** Headlamps do NOT need to flash on either red or white light settings. Using a red filter is fine as long as you have the battery power to get through multiple long nights! The white light will generally drain the battery more than the red light setting will! Expect to have to continuously use the red light setting for long durations. A separate light is unacceptable since you may need to quickly switch between the red and white light settings and both need to be forward-mounted on your head.

**Q: Do [HDX bins](#) meet the gear container requirements? We have used them on previous expeditions.**

**A: YES.**

**Q: Will you give us reference sheets for the legend for the topographic maps?**

**A: YES.** Each team will receive a reference sheet for the legend printed on water resistant paper at Competitor Registration.

**Q: When we finish the whitewater rafting leg will we be able to drop off any personal gear at the takeout? Will we have access to our TAC at the takeout?**

**A:** You should assume that the answer is NO. We are not going to give away such detailed information about the course at this stage.

**Q: It has now been mentioned in two newsletters that a neoprene top is recommended. Please clarify the intended use of this top. Would a 1mm or 2mm top be an appropriate thickness?**

**A:** Since I tend to get cold easily when wet, I highly recommend bringing a 1mm or 2mm neoprene top. In particular, I recommend having this top for a trekking section that will go to higher elevations and require swimming through pools of creek water. That being said, I spoke to two other members of Race Management and they both said that they would NOT choose to bring a neoprene top on that section because they did not get that cold and would not want to carry the extra bulk. (Truth be told, they have a little bit more “insulation” than I do and that may be a factor). To summarize, the neoprene top is NOT MANDATORY and some athletes that “run hot” may choose to go without one. Regardless, I will let you know when this wet trekking section is approaching in the Expedition Guidebook. There will be a gear drop after this section so you won't have to carry it too far afterward. The choice is up to you.



## **FREQUENTLY ASKED QUESTIONS**

**Q: Will each team only receive a single copy of each race map?**

**A: YES.**

**Q: Will we ever have a need for a larger dry bag, like 30-40L? Will we need to put our packs in dry bags for any of the water disciplines?**

**A: As has been mentioned in previous newsletters, keeping your gear dry will be very important and dry bags will play a big part in this. The size and type of these bags will be left up to the teams. One strategy used by some members of Race Management has been to line the inside of their pack with a light dry bag.**

**Q: Can we bring nutritional race supplements, like nutritional bars, that have small amounts of honey? Would this be allowed with biosecurity? Or are they referring to bringing in only raw ingredients? Should we consider shipping ahead of time to warehouse to avoid potential security instead of bringing them with us in our luggage?**

**A: Please reach out to biosecurity for more information on this. Regarding shipping that is up to you and your team.**

**Q: Are MP3 players allowed?**

**A: NO.**

**Q: During the race, if there is an emergency on the home front, will Eco-Challenge have a way for family members to reach our TAC?**

**A: This was answered in FAQ Friday #10.**

**Q: Do we have to ship out our tampons with our gear?**

**A: You should be able to carry these on the plane since it's just cotton. Please reference the biosecurity website that has been sent out in previous FAQ Friday's.**

**Q: Are we allowed to bring hand sanitizer?**

**A: YES.**

**Q: Are personal cameras allowed?**

**A: NO. No photos or videos can be taken while racing.**

**Q: Is the maximum allowable gear box capacity 48 gallons, or do we just need strong, stackable boxes?**

**A: The 48-gallon Rubbermaid Action Packer Cargo Box Model #1192 that is mentioned on the Mandatory Gear List is an example. You can choose to use a different box as long as it is strong and stackable.**