

FINAL MANDATORY GEAR LIST

(As of August 23, 2019)





PLEASE NOTE: THIS LIST IS CURRENT AS OF JUNE 25, 2019. THIS LIST IS SUBJECT TO CHANGE.

PLEASE NOTE: THERE ARE NO STORES THAT SELL SPECIALIZED CLIMBING, CYCLING OR PADDLING GEAR IN FIJI. MAKE SURE YOU BRING ALL THE REQUIRED GEAR WITH YOU.

SAFETY GEAR

Personal Mandatory Safety Gear

#	Item	Notes
1	Shell Jacket	Must be waterproof and have a hood.
1	Fleece Top (100 Weight Minimum)	Must be made with a minimum of 100 weight synthetic fleece.
1	Emergency Waterproof Strobe Lamp	Must be a proper emergency strobe with minimum 100 Lumens visibility and completely waterproof. You must be able to secure this to the shoulder of your PFD. It is to be illuminated only in case of emergency. You will need enough batteries for multiple nights. Remember, the course is open for 11 nights. Example: Princeton Tec Aqua Strobe LED.
1	Headlamp	The headlamp must be waterproof with a red-light setting. Competitors will be required to wear their headlamps on the red-light setting while stand up paddleboarding at night. You will need enough batteries for multiple nights.
1	Signal Mirror	Example: Coghlan's Sight-Grid.
1	Survival Blanket (space blanket)	Example: Survive Outdoors Longer (SOL) Emergency Blanket.
1	Magnetic Compass	Must be compatible for Southern Hemisphere. Watch compasses will <u>not</u> be accepted.
1	Lighter or Waterproof Matches	No additional notes.



SAFETY GEAR CONT.

Personal Mandatory Safety Gear Cont.

#	Item	Notes
1	Knife	With fixed blade or folding blade that locks into place. The blade must have a minimum length of 6.3cm (2.5”).
1	Whistle	Must be “pea-less” and functional when wet. Example Fox 40.

Team Mandatory Safety Gear

#	Item	Notes
2	Emergency Smoke Canister	Provided by Eco-Challenge.
1	Team First Aid Kit	Contents listed under Team First Aid Kit below.
1	Emergency Radio	Provided by Eco-Challenge.
1	Eco-Challenge Passport	Provided by Eco-Challenge.
1	Small Roll of Duct Tape	For general gear repair use. Must be at least 5m (16’) in length.
1	Sealed Emergency GPS Tracker	Provided by Eco-Challenge.
2	Altimeter Watch	Provided by Eco-Challenge. The provided model will be the Casio SGW300H-1AV.
1	Set of Race Maps	Provided by Eco-Challenge.
1	Tarp	Must be a minimum of 3m x 4m (10’ x 12’) in size with loops or grommets for rigging. Must be equipped with 6 lengths of cordage. Example: RAB Siltarp 3.
1	Waterproof Bag for Maps, Expedition Guidebook, Eco-Challenge Passport, etc.	It is critical that you keep these important papers dry.
1	Machete	Must weigh at least 9.9oz (280g) and have a minimum blade length of 30cm (12”). The machete must have a sheath that completely covers the blade. Note: for the whitewater rafting section, the sheathed machete must be placed inside a backpack to further protect the inflatable raft.
1	Single Person Emergency Bivi Sack	Example: Survive Outdoors Longer (SOL) Emergency Bivvy.
1	Trowel (or spade)	To bury solid human waste to the standard of the Eco-Challenge Environmental Rules. Should be capable of digging a hole 15cm (6”) in depth.



Team Mandatory Safety Gear Cont.

#	Item	Notes
1	Length of Accessory Cord	Each team must bring a minimum of 5m (16') of accessory cord. The accessory cord must be of a minimum diameter of 3mm. 550 paracord is acceptable. This cordage will be available to your team for tasks such as tying glow sticks onto the bow and stern of your outriggers. You are welcome to cut the 5m into shorter lengths so you can distribute it between your team members.

TEAM MANDATORY GEAR (UNSPECIFIED)

#	Item	Notes
1	Waterproof Duffel Bag	<p>This bag will be placed at a remote re-supply area. The bag will not be placed under any form of shelter and it will be rained on. The bag must be able to keep food and gear dry for days. If your bag is not capable of this, it may seriously hinder your ability to continue on the course.</p> <p>We suggest a bag with approximately 90-liter capacity, but it cannot exceed a 122-liter capacity.</p>
	Contents of the Waterproof Duffel Bag	You are allowed to fill your mandatory duffel bag with anything you think you may need after completing a long, wet, hard trek at higher elevations. This may be dry clothing, food, dry footwear, body lube, footcare supplies, compact sports towels, anything you think might help you keep going after a long, physical hike. You will have to pack this bag and hand it off to Eco-Challenge before the start of the expedition. You must be able to zip or clip the bag closed.
5 (or max 6)	Gear Boxes	<p>Example: The Rubbermaid Action Packer Cargo Box Model #1192:</p> <ul style="list-style-type: none">• 48 U.S. Gallons / 181 L• 43.8 x 20 x 17in / 111 x 51 x 43cm• Weight 28.9lbs / 13.1kg• Lockable Latch <p>For more details see the Storage Containers section of the Rubbermaid website.</p> <p>Each competitor and TAC must have one durable container to transport that person's race gear from one Camp to another. Teams will pack their gear boxes with all food and gear they need for the race before the start.</p>

CAMPING GEAR

Team Mandatory Camping Gear

#	Item	Notes
1 or more	Tent or Combination of Tents	To protect all five team members from hard rain, bugs, wind, etc. at the Camps, when finished or if the team withdraws.
5	Light Sleeping Bags or Sheets	To sleep comfortably at the Camps, when finished or when withdrawn, these bags must be in addition to any that you may wish to carry with you on the course.
5	Sleeping Pads	To sleep comfortably at the Camps, when finished or when withdrawn, these pads must be in addition to any that you may wish to carry with you on the course.
12 day supply	Food	Your entire team (including your Team Assistant Crew) will be responsible for your own food for the entire event. You must also have a means of preparing the food. This means things like pots, pans and camp stoves to be used at the camps. There are decent supermarkets in Nadi. Single and double burner stoves and LPG cooking gas will be available for sale at Competitor Registration by Fiji Gas Limited.

MOUNTAIN BIKE GEAR

Personal Mandatory Mountain Bike Gear

#	Item	Notes
1	Mountain Bike	<p>Must be in very good condition. There must be a red or yellow rear reflector of at least 15cm (5.9") square mounted at the back of the bike. There must also be reflective tape on the front forks and rear stays.</p> <p>The bikes you bring to Fiji must be <u>mountain bikes</u> not cyclocross bikes or gravel bikes.</p>
1	Bike Helmet	Must be designed and certified for mountain biking.
1	Red Flashing Light	Must be attached to the back of the bike. Note: you will need enough batteries for multiple nights. Remember, the course is open for 11 nights. Night time riding will not be permitted without functional lights for all team members.
1	Steady White Light	Must be attached to the front of the bike. Note: you will need enough batteries for multiple nights. Remember, the course is open for 11 nights. Night time riding will not be permitted without functional lights for all team members.
1	Bike Box or Bike Case	Cardboard boxes are not acceptable. Your bike box will be standing outside in the elements (including possible rain) for extended periods of time. There will be a weight limit of 30kg (66lbs) inclusive of box, bike and gear. The maximum allowable dimensions are: 148cm (58") long x 100cm (39") high x 47cm (18") wide.

Team Mandatory Mountain Bike Gear

#	Item	Notes
1	Tool & Repair Kit	Must include at least one pump along with tools and supplies needed to perform any repairs on your team's bikes.

CLIMBING AND FIXED ROPES GEAR

Personal Mandatory Climbing and Fixed Ropes Gear

All gear must be UIAA or CE approved or equivalent and must be in very good condition.

#	Item	Rule
1	Climbing Harness	Must incorporate a “Belay Loop” and be designed for sport climbing, rock climbing or technical mountaineering. The lightest harnesses of this type weigh between 224-300g.
1	Climbing Helmet	Must be a certified climbing helmet (UIAA or CE certified).
1	Pair Leather Palm Gloves	Due to the warm air temperature, the rope and the rappelling devices get extremely hot. Gloves or fingerless gloves with a leather palm are mandatory. Beware of imitation plastic or vinyl; they are unacceptable.
1	Rappel Device	Accepted: ATC, ATC-XP, Verso, or other tube style belay devices. <u>Figure 8 and Grigri style devices are not allowed</u>
1	Automatic Stopping System	Hollow Block or Prusik loop must be attached below the extended rappel device. The Hollow Block (Sterling 13.5”) is most recommended, and is to be wrapped 4 times for an autoblock knot. A Prusik loop may be tied using 6mm or 7mm static cord x 105cm long knotted with a double fisherman leaving 4cm-long tails out of the knot. The inside diameter of the loop is 30-35cm, after the fisherman’s knots are well tightened. The Prusik loop is attached to rope with a three wrap Prusik hitch.

CLIMBING AND FIXED ROPES GEAR CONT.

Personal Mandatory Climbing and Fixed Ropes Gear Cont.

#	Item	Rule
2	2 Ascenders	<p>Must be easy to take on and off the rope to pass anchors (e.g. Jumar, BD Index, Camp Pilot, Cypher Ascender, or Petzl Ascension). NO SMALL LIGHTWEIGHT GADGETS ARE ALLOWED (e.g. Ropeman, Microcenders, Gibbs, Crolls, Shunts, etc.).</p> <p>Both ascenders should be both attached to the lanyards with locking carabiners. This way the ascenders can be removed from the lanyards during rappels or horizontal traverses, when the lanyards are to be used just with carabiners.</p>
2	2 Lanyards approx. 60cm (Full Strength NYLON Sewn Slings)	<p>Sewn slings must be made of nylon, NOT Dyneema. The 2 slings are girth-hitched onto the harness belay loop (or central attachment point). Sewn sling minimum breaking strength must be 22kN. Definition: A sewn sling is a piece of webbing which has its ends stitched together to make a continuous loop usually 60 cm in diameter. Knotted slings are NOT acceptable.</p>
1	Personal Anchor or Tether	<p>Personal tether or link must made with full strength loops. Minimum rating 22kN.</p>
1	1-2 Foot Loops	<p>You may use either 1 or 2 lightweight custom length foot loops for your ascenders.</p>
5	5 Locking Carabiners	<p>Double locking-action carabiners are preferred over triple action or screw gates for speed and security. A triple action carabiner is required if using any application where there is no second carabiner as a back-up. Locking carabiners are used at each of the following points:</p> <ol style="list-style-type: none"> 1) Personal Anchor Tether 2) Lanyard #1 3) Lanyard #2 4) Rappel Device 5) Prusik Attachment <p>- One of the lanyards or lanyard carabiners can be used to hang the pack while rappelling -2 of the carabiners must be HMS style or large enough to clip over a double strand of 11mm static line.</p>

SWIFTWATER GEAR

Personal Mandatory Swiftwater Gear

#	Item	Notes
1	Whitewater Personal Flotation Device (PFD)	<p>This PFD will also be used while ocean paddling <u>and/or sailing</u> and on other swift water situations on the course.</p> <p>The PFD must:</p> <ul style="list-style-type: none"> ● Be of a type and design specific for whitewater use. ● Provide a minimum of 15.5lbs or 69n of buoyancy. ● Be made of a heavy duty material, have strong shoulder straps and a foam back panel (mesh-backed PFDs do not qualify) ● Have a minimum of one buckle plus a secondary attachment OR be a pullover design. ● Be less than 10 years old and in good condition. ● Must have at least 3cm (1.5”) shoulder strap webbing if there are plastic Ladderlock style shoulder adjustments. <p>Example: NRS Ion and NRS Siren (women).</p> <p>You must float-test your PFD and ensure that it provides enough floatation to support your weight (clothed) and allow you to keep your airway above the waterline with your head tilted back. Some competitors, depending on factors like body mass and composition may require more buoyancy to achieve this.</p> <p>If you have any doubts as to whether a PFD qualifies, please forward the brand name and model along with a link to an English language website to the Lead Race Coordinator rvrooman@ecochallenge.com and he will get back to you with a decision.</p>



SWIFTWATER GEAR CONT.

Personal Mandatory Swiftwater Gear Cont.

#	Item	Notes
1	Whistle	Must be “pea-less” and functional when wet. Must be attached to PFD. This can be the same whistle as listed in the Personal Mandatory Safety Gear.
1	River Knife	Must be attached to PFD. Must be a river-specific knife with a sheathed blade.
1	Whitewater Helmet	Provided by Eco-Challenge.
1	Reflective Band	To be placed around one of the shoulders of the PFD. Provided by Eco-Challenge.

Team Mandatory Whitewater Rafting Gear

#	Item	Notes
1	13' Self-Bailing Raft	Provided by Eco-Challenge.
5 (1 will be the spare)	Rafting Paddles	Provided by Eco-Challenge.
1	Throw Bag	Containing at least 15m (49') of 6mm (0.25") of commercial throw bag rope. Should be in new condition and be a purpose-built whitewater throw bag. Example: NRS Wedge Rescue Throw Bag.



OUTRIGGER CANOE & STAND UP PADDLEBOARD GEAR

Team Mandatory Outrigger Canoe Gear

#	Item	Notes
1	Outrigger Steering Paddle	Must be strong enough to steer a heavy canoe under sail in rough seas. Wooden shaft is recommended. Example: Quickblade Maunalua 26 Steering.
3	Outrigger Canoe Paddles	For those not steering. Teams are allowed to bring 1 <u>spare</u> outrigger canoe paddle although it is not mandatory. The spare paddle can be either a steering paddle or a standard outrigger canoe paddle.
1	Dive Mask or Goggles	For diving down to retrieve something at depths of up to 6m (20').
1	Compact Underwater (Dive) Light	Must have wrist strap. For diving down to retrieve something at depths of up to 6m (20') at night.
8	Green Glow Sticks	Minimum 15cm (6") To be placed on bow and stern of outrigger.
2	Emergency Flares	Provided by Eco-Challenge.
1	Plastic Bailing Bucket	Provided by Eco-Challenge. To be used for removing rain or salt water from the hull of the canoe.
1	Strobe Light	Provided by Eco-Challenge. Will be fixed to the Camakau mast head. This strobe light will automatically come on in the dark.
1	Righting Line	Provided by Eco-Challenge. Will be 5m (16') in length and red in color. To be used in case of a capsize to help with righting the canoe.
1	Folding Anchor w/ Chain and Rope	Provided by Eco-Challenge. Will be 3.5kg (7.7lbs) in weight. Will be placed inside one of the ports on the canoe.



OUTRIGGER CANOE & STAND UP PADDLEBOARD GEAR

Personal Mandatory Stand Up Paddleboard Gear

#	Item	Notes
1	Inflatable Stand Up Paddleboard	Provided by Eco-Challenge. Each board will have a leash along with tie down points and elastic cord to secure a pack and other gear.
1	Length Adjustable Paddle	Provided by Eco-Challenge.

Team Mandatory Stand Up Paddleboard Gear

#	Item	Notes
1	Paddleboard Pump	Provided by Eco-Challenge.
1	Paddleboard Repair Kit	Provided by Eco-Challenge.

MANDATORY TEAM FIRST AID KIT

Make sure you bring any prescription medicine with you in the original packaging. Make sure essential medicine is well protected. Consider bringing back up supplies in case of loss or damage.

All medicines must be in original packaging that displays name of medicine and dosage until inspected at registration. After this tablets may be shrink wrapped or repacked but must still be labelled.

Note: Teams must have extra supplies of all expendable Items listed in the Mandatory Team First Aid Kit. In other words, if you use some of the items in your first aid kit on Leg 1 or the expedition, you must be able to replace those items before starting out on Leg 2 of the expedition.

#	Item	Notes
2	Non-Adhesive Cohesive Bandage	Must be at least 2" (5cm) wide and 4yds long.
2	Trauma Dressing	Must be 4" (10cm) minimum. Must have wound pad and elasticated bandage attached in a sterile waterproof pack. Example: Emergency Trauma Dressing (ETD).
5	Non-Adherent Dressing	At least 2" (5cm) x 2" (5cm). Example: Covidien 1050 Telfa Non-Adherent Pads Prepack
30	Acetaminophen 500mg Tablets	In original packaging. Example: Tylenol or Panadol.
10	Loperamide 2mg Tablets	In original packaging. Example: Imodium.
10	Antihistamine 10mg Tablets	In original packaging. Example: Loratadine or Cetirizine.
10	Ibuprofen 10 x 400mg or 20 x 200mg Tablets	In original packaging. (Don't use if asthmatic or if you have a history of stomach ulcer). Example: Advil or Nurofen.
2	Antibacterial Cream	Must be minimum 14g tube. Example: Neosporin.
15	Oral Rehydration Solution Powder 5g packet	Must have at least 0.4g sodium per packet.



MANDATORY TEAM FIRST AID KIT CONT.

#	Item	Notes
1	100ml (3.3oz) tube of Sunscreen	Must be minimum SPF30+ and a mineral sunscreen that is Reef Safe.
100	Water Purification Tablets	Enough to treat 100L. Example: Potable Aqua Chlorine Dioxide
2	Triangular Bandage	No additional notes.

