



The BlueSky Challenge 2012 Team Kit List

The following items are **mandatory**, your kit will be checked by the event staff so please make sure you have all the kit listed. **Failure to produce appropriate kit will result in serious time penalties before you begin the challenge!**

Team safety kit must be carried at all times:

Mobile phone sealed in waterproof bag – to be used in emergencies.

4 power gel sachets

Team first aid kit – see content list below

1 x hand warmer

1 x Compass and whistle

First aid kit per team- contents must be in waterproof bag

1 x wound dressings

1 x triangular bandages

1 x crêpe roll bandage

Packet of Compeed (second skin for blisters)

1 x Roll of zinc oxide tape

4m of duck tape

Baby wipes

Toilet paper

Anti-inflammatory

Elastoplasts

Current medication

Personal kit per person.

1 x Mountain bike must be fully serviced with working brakes and bell, front and rear reflectors

1 x Bike safety glasses or sun glasses

1 x Bike gloves

1 x Bike helmet

1 x Puncture repair kit, spare bike tube + tools

1 x Running shoes if wearing specialist bike shoes.

Wear shorts or full length cover (wear appropriate clothing)

1 x Small 20-30litre rucksack to carry spare clothes and food

1 x Light weight water proofs jacket and trouser (expect to get wet)

1 x Minimum 1 litre water bottle or equivalent

Additional Kit Required for Activities

BlueSky will provide

Buoyancy aids and technical equipment

Safety

- You are expected to be able to look after yourself and your team during the event
- There will be several first aiders in attendance throughout the event, overseen by an overall appointed medic
- Ensure any injured team-mate is adequately provided for
- The BlueSky Emergency telephone number will be printed on your competitor ID badge
- There will be marshals out on the course with radios / phones
- **The event route book will provide further information on safety and routing**

Training Tips

- Head for the hills and off road tracks with your mountain bike.
- Practice mending punctures.
- Mountain bike as a team before the race.
- Learn to navigate on a bike and the art of orienteering.