



2023 MOUNTAIN CHALLENGE

September 28 - October 1, 2023

Mount Snow, Vermont

MANDATORY GEAR

Each competitor must carry a number of mandatory items on his/her person at all times as a minimum safety standard while on the course.

There are additional mandatory items listed that are required per three-person team.

For safety purposes, competitors will encounter checkpoints along the course where race officials will check for mandatory gear and issue time penalties for missing items. The following lists outline the mandatory and suggested equipment, and competitors may opt to bring additional gear based on their individual needs. The lists may be subject to change and participants will be notified of any changes in advance of the event.

Each person is responsible for carrying his/her own equipment and clothing for the climate, conditions and activities. SCI will provide Fueling Bags with snacks each morning, but competitors may choose to bring additional food. It is recommended that competitors bring at least 100 oz. of water up the mountain each day.

MANDATORY GEAR FOR EACH COMPETITOR (one set per individual participant)

- Waterproof jacket (this is determined by looking inside the jacket at the seams. If the seams are not "sealed" then the jacket does not meet the waterproof standard. Most GORE-TEX® jackets have taped seams)
- Whistle
- Emergency blanket (lightweight, Mylar-type material, thermal)
- Headlamp or flashlight (cell phone flashlights do not apply)
- Wool or synthetic cap (NOT cotton; wool remains insulated and will dry more quickly)



- Capacity to carry a minimum of one liter of water (although it is strongly recommended to carry 3 liters)
- Official race bib (to be given to each competitor at registration)
- Hand sanitizer

MANDATORY GEAR FOR EACH TEAM (one set per team)

- Antibacterial ointment
- Small assortment of band-aids
- 3" ace bandage
- 6 doses of anti-inflammatory medication (e.g. Ibuprofen)
- 6 doses of antihistamine medication (e.g. Benadryl)
- Tweezers
- Sunscreen
- Locking Pocket knife
- Epinephrine for those with anaphylactic reactions (venom allergies, etc.)
- Medical tape
- Gauze pads

SUGGESTED ITEMS (not required)

- Antibacterial ointment
- Dry bag for all gear (Ziploc bags will work)
- Neoprene gloves
- Hydration pack
- Extra pair of lightweight shoes (to wear in the canoe)
- Visor



- Sunglasses with retention strap
- Extra socks
- Anti-blister lubricant (e.g. Hydropel)
- Moleskin
- Easy to eat and access snacks
- Bathing suit for heated pool