

CORPORATE ADVENTURE RACE

BUCCLEUCH PROPERTY CHALLENGE 2010



THE BUCCLEUCH PROPERTY 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 could 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

1 x roll of zinc oxide tape

Packet of Compeed (second skin for blisters)

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.

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

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

1 x Minimum 1 litre water bottle or equivalent

1 x Boogie board or floatation/person device such as lilo or inner tubes

Wear shorts or full length cover (wear appropriate clothing)

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OTHER EQUIPMENT YOU MAY LEAVE AT THE START/FINISH BOX

- Spare food and liquids (event food served at the end of the challenge)
- Spare socks
- Towel & spare clothes for during and afterwards
- Warm jacket
- Energy food
- Any other luxuries you would like to have on completion

Remember the box will remain in one fixed location at the Start Box

ADDITIONAL KIT REQUIRED FOR ACTIVITIES

BlueSky will provide - Buoyancy aids, Wet suits 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.