



Preliminary Gear List

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The items in red have recently been added to the official gear list. Please check here for the revised gear list, as it supersedes any previously distributed list.

Important Note: Teams must come to gear check-in on August 13 with ALL of the following items. The race organization will not be selling or providing any gear items, including Petzl equipment and Restop bags.

MANDATORY SAFETY EQUIPMENT (Per Person):

QTY	ITEM(S)
1	Backpack
1	Windproof lighter
1	Knife, within easy reach, folding OK
1	Whistle
1	Head lamp with extra batteries
1	Brimmed or caped hat for sun protection
1	Space blanket
1	Means for carrying adequate supplies of fluids – Up to 200 oz / 6 L
	Water purification tablets or liquid, filter or other
	Money for emergencies
	Photo identification card
	Reflective tape 1" x 2" (2.5cm x 5cm) for helmet and 1" x 6" (2.5cm x 15.2cm) for backpack, minimum
10	Human Waste Bags (1 to be carried each day). Visit our partner Restop to purchase. (This item will not be available for purchase at the event)
1	Lightweight long pants and long-sleeved shirt
1	Water-proof shell jacket and pants
1	Thermal undergarment top and bottom
1	Fleece top
1	Fleece or Polypro-type hat
1	Pair lightweight to medium weight full-fingered gloves (Biking gloves allowed)
1	Pair Gaiters
1	Pair of dark sun glasses
	Suitable shoes (i.e. no sandals); Check out Merrell's great selection!



MANDATORY SAFETY EQUIPMENT (Per Team):

	ITEM(S)
1	Water Filtration System
1	Inflatable boat repair kit
1	Cell phone with full charge for emergency use. - Verizon/Alltel works best
2	Compass
1	Emergency strobe light (not a bike light)
1	Dry bag for the safe-keeping of your communications equipment and other items that must be kept dry during the event. These bags must be waterproof under all conditions!
1	Tracking/emergency equipment (provided by PQ)
Set	PQ-provided maps
1	Water-proof map case
1	Altimeter
1	Back up team headlamp
1	Sleeping Bag – Need to carry 1 per team
1	Free standing sun shade canopy – large enough for entire team
4	Oasis Boxes (To be transported by organization). Marked with team name/number. Dimensions: 50gal / 190L max capacity. Must be lockable. Must have handles. Recommended: Contico Pro Tuff 37x21x20in (94/53/51cm. No permanent mounted wheels/casters allowed. No homemade boxes allowed. There will not be a weight maximum for these boxes so transportation of food and water is allowed.

MEDICAL KIT (Per Team)* CARRIED AT ALL TIMES:

QTY	ITEM(S)
10	doses of pain/fever medication (Ibuprofen/Tylenol)
1	SPF 30+ sun screen, 10 oz minimum
1	1 oz Cortisone cream
1	Lip balm
10	Betadine, iodine or alcohol swabs
1	First aid tweezers
1	Needle
4	Moleskin 3 ½" x 3 ½" (8.9cm x 8.9cm)
1	24" x 1" Adhesive tape (61cm x 2.5cm)
1	5' x 2" wide roll gauze roll (12.7cm x 5.1cm)
6	Butterfly bandages
10	Electrolyte replacement tablets
10	Glucose replacement tablets
2	3" ACE Bandages (7.6cm)
4	4" x 4" gauze pads (10.2cm x 10.2cm)
1	5 Yards duct tape (457.2cm)
1	Antibiotic Cream
1	Pair of latex exam gloves
6	Antidiarrheal pills
4	Safety pins





PRIMAL QUEST BADLANDS 2009 PRESENTED BY **spot**

A Don Mann Production - August 14-23, 2009



NOTE: Each team will be providing ALL NON-CRITICAL foot care for their members and must have adequate first-aid items to do so.

MOUNTAIN BIKE EQUIPMENT (Per Person):

QTY	ITEM(S)
1	Mountain bike. MTB tire selection –either Kevlar strips or Stans are recommended.
1	Bike helmet. Must be CPSC, SNELL and/or ANSI-approved.
1	White light mounted to bike helmet with extra batteries
1	Front Light with extra batteries
1	Red Strobe Rear Light with extra batteries
	Hard bike carry case(s) – to carry all 4 team members’ bikes. No boxes made of lightweight cardboard or homemade plywood/chipboard will be allowed – no 4-bike boxes allowed. Must be marked with team’s number.

MOUNTAIN BIKE EQUIPMENT (Per Team):

QTY	ITEM(S)
1	Bike/tire repair kit with inflation device. Be prepared to fix multiple flats from cacti.
	Bike assembly tools (to be used in TAs)

FIXED ROPE SECTION EQUIPMENT (Per Person):

QTY	ITEM(S)
1	Commercial and UIAA and/or CE approved climbing harness, non-modified
1	Climbing helmet; UIAA, CE, or EN 12492 approved
2	Lanyards 24-48” (60-120 cm) Tip-to-tip laid flat in length (factory-sewn daisy chain or factory-sewn runners); No tied lanyards allowed; No adjustable daisy chains (with the integrated camming buckle) allowed; Must be 100% nylon – No Spectra daisy chains
2	Lanyards 24-36” (60-90 cm) Tip-to-tip laid flat in length (Factory sewn daisy chain or factory sewn runners); No tied lanyards allowed; No adjustable daisy chains (with the integrated camming buckle) allowed; Must be nylon – No Spectra daisy chains
1	ATC or Full size figure 8 device (ATC preferred)
5	Auto-Locking Carabiners (UIAA or CE approved) – 2 of the 5 must be “HMS” style (i.e. large gate opening and pear-shaped; ask your local climbing shop)
1	Commercially sewn climbing sling, 24” (60 cm) long when laid flat minimum length. Can be either nylon or Spectra.
2	6 or 7 mm Prusik loop(s) tied with Double Overhand Bend (aka Double Fisherman’s) 76.2cm/30” in Loop Circumference after bend is tied (15” {38 cm} tip-to-tip when loop is pulled taut and measured)
2	Mechanical Handled Ascenders
1	Pair of full-fingered leather palmed rappelling gloves or sturdy synthetic gloves
2	Etrier(s) or Foot Stirrups to be attached to your ascenders
1	Petzl Basic Ascender (PQ/Petzl Absorbica combo)*
1	Petzl OK Tri-Act Carabiner (PQ/Petzl Absorbica combo)*
1	Petzl Absorbica-I (PQ/Petzl Absorbica combo)*
1	Pair sticky rubber approach shoes. (RECOMMENDED)
	Chalk is optional



"The World's Most Challenging Human Endurance Competition"



***Petzl/Absorbica Combo**

The combo is a VERY specialized climbing safety system that was designed and PQ-certified by Petzl. This unit will result in a much more efficient (and safe) system for specific climbing sections in the race. This configuration is highly-specialized and is the ONLY one that has been thoroughly tested to withstand the shock loads racers would encounter in an emergency situation. It is the lightest (13 oz.) and safest system available and will be the only system of this type allowed in the competition. To alleviate your load in carrying this 13oz. system, we will only require this on certain climbing sections.

These items do not replace any item already on the climbing gear list. This is specifically a back-up safety system that you will be using during a portion of the race. Do not ask about utilizing a different ascender (or carabiner or absorber) as this is for your safety. You will be shown how this system works during the climbing skills check.

PADDLING EQUIPMENT (Per Person):

QTY	ITEM(S)
1	Pair closed shoes such as running shoes. Sandals and sport shoes are not recommended.
1	Paddle with reflective tape on blade and shaft for the hard kayak section. Paddles will be available for the inflatable kayak section.
1	PFD with reflective tape on shoulders. 15 ½ lbs. buoyancy minimum.
1	Whistle attached to life jacket
1	Knife with scabbard sheath and locking blade attached to life jacket, minimum blade of 2.5" (6.4cm), folding OK (no sheath needed for folding knife).
1	Spray skirt (optional) Boats are 2-person Necky Amaruks (for proper fitting).

PADDLING EQUIPMENT (Per Team):

QTY	ITEM(S)
1	7mm Prussic loop 18" (45.7cm) tied tip-to-tip
2	Locking carabineers
2	Commercial grade safety throw bags
16	Commercial 12 hr. (or greater) light sticks
	Zip ties or other means to attach light sticks to kayaks and competitors
2	Air Horn minimum 1.4 oz
2	Bilge Pump (recommended)
2	Dry bags or more for team gear, size to be adequate for gear carried
	*Sails are NOT permitted





SWIM SECTION EQUIPMENT (Per Person):

QTY	ITEM(S)
1	Pair Swim Fins
1	Wetsuit – minimum thickness 3mm
1	Helmet; climbing helmet OK
1	Pair gloves
1	Swim board, basic kickboard type used in lap swimming. Not to exceed 57" (145cm) in length – may only be modified to include handles/straps for easy gripping - Inflatable OK. See sample.
1	Whistle attached to life jacket
2	Commercial grade safety throw bags (per team)
1	Waterproof bag for gear
	Mesh bag for all gear excluding swim board

CAVING SECTION EQUIPMENT (Per Person):

QTY	ITEM(S)
1	Cave or climbing helmet (not bike helmet)
1 set	Set protective knee pads
1 pair	Pair full-finger gloves
1	Cave or fanny pack
1	Liter of water per racer (shared water OK)
2	2 Sources of light per person. One must be a headlamp that attaches to your helmet; the other can be a headlamp or a flash light.

Remember when shopping for gear to support Primal Quest's generous gear Partners: [Merrell](#), [ARGear.com](#), [Headsweats](#), [Zanfel](#), and [Restop](#).

