

2010 Vail Kids Adventure Race Gear List

Please mark all your gear with your name and phone number. An easy way to do this is stick some duck tape on and mark with details.

WHAT TO BRING (per child)

General:

- a bike helmet (***must be worn from start to finish, please mark with name***)
- bike gloves (***must be worn from start to finish, please mark with name***).
- race shirt (provided by V.R.D.)
- (bike) shorts, rain jacket, socks, running shoes
- 40 oz water
- small back pack
- small snack
- First Aid Kit: small Ziploc bag with some wet wipes, band aids, white tape, Neosporin.
(PER TEAM)

Mountain Biking:

- Mountain-bike in good shape. Please check tire pressure, brakes, adjust saddle etc

Tubing:

- Life jacket (if you do not own one please try to borrow)

Ropes:

If you (or a friend) own the following, please bring to the race. We will have some, but flow is better if we have more harnesses and slings per child.

- Climbing harness (please fit before race day)
- 12 " Sewn sling (to girth hitch to harness)

Please let Hélène know if you have any problems gathering the items on the list.

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