



Fusion Gear List

Mandatory Gear List to be carried at all times by each person

- Hiking boots or trail shoes.
- Backpack sized to fit all required mandatory gear
- Water bottles or hydration bladders with enough water to last at least 6 hours. A guideline is 20 fl oz. per hour
- Headlamp
- Extra batteries

Mandatory Gear List for cyclists

- Mountain Bike
- Mountain Bike Helmet
- Appropriate footwear
- Hydration system (hydration pack or just a water bottle)

Mandatory Team Gear to be carried at all times

- Pen
- First Aid Kit *
- Fully charged cell phone in a waterproof case
- Pocket knife (2.5" blade)

Recommended Gear List (optional)

- Emergency food and water
- Insect repellent
- Sun block
- Spare clothing in supply vehicle
- Food to last at least 6 hours in supply vehicle.
- Duct tape
- Trekking poles or walking sticks
- Knee and elbow pads

*** Suggested First Aid Kit contents**

- Adhesive and non-adhesive dressings (large and small)
- Water purification tablets
- Assorted plasters
- Pain killers
- Medical tape
- Antiseptic wipes
- Bandages and safety pins
- Disposable gloves
- Antiseptic cream for minor bites and stings