

THE



Swamp Donkey

Adventure Race



2024

MANDATORY GEAR LIST

(UPDATED Sept 4, 2024)

Sept 4 Updates are highlighted in Yellow

Click on items with links to see recommended examples from our sponsors





INDIVIDUAL GEAR (TO BE CARRIED BY EACH MEMBER AT ALL TIMES)

- 1 [Whistle](#) (or [get your own Swamp Donkey Whistle](#))
- 1 [Knife](#) (min. 2" folding blade)
- 1 [Liter minimum capacity](#)
- 1 [Emergency blanket](#)
- 1 [Headlamp](#) and spare batteries
- 1 Lighter / [matches](#) (waterproof recommended)
- 1 Pair of race specific [footwear](#) (ex: Trail runners)
- 1 Pair of long [pants](#) or [tights](#)
- 1 [Fleece or soft-shell mid layer](#)
- 1 Lightweight [Rain Jacket](#)
- 1 [Toque](#) or [Buff](#)
- 1 Pair of full finger [gloves](#) (bike gloves will suffice)
- 1 Safety glasses (clear / yellow lenses for bush crashing)
- 1 Race jersey (Provided by Swamp Donkey AR)

Recommended (but not mandatory)

- 1 Pair of [rain pants](#)
- 1 Long sleeve synthetic shirt
- 1 Pair sunglasses
- 1 [Hat](#)

*** All SDAR racers get a 15% discount when you shop online and instore. **Promo Code: DONKEYFUN**



TEAM GEAR (TO BE CARRIED BY THE TEAM AT ALL TIMES)

- Sharpie ****BRING TO START LINE****
- Birthday Card (one per team)
- ~~3 Pens or Pencils~~
- ~~3 Small Notebooks~~
- 2 [Compasses \(sighting mirror recommended\)](#)
- 1 Pen and/or pencil for marking maps
- 1 Watch (non GPS, has stopwatch feature)
- 1 [Waterproof map case](#)
- 1 [Water filter](#) or water purification ([Aquatabs](#) or [Pristine](#)) - enough for 30 L
- 1 Set of maps (Provided by Swamp Donkey AR)
- 1 Passport (Provided by Swamp Donkey AR)
- 1 FRS Radio (handheld family radio, doesn't need to be too fancy!) channel to be determined by race staff
- 1 [First Aid Kit](#)
 - 1 Tweezers
 - 6 Anti-inflammatory tablets
 - 6 Antihistamine tablets
 - 1 Roll adhesive tape
 - 1 Gauze roll
 - 1 Tensor bandage
 - 4 Closure (butterfly) bandages
 - 5"x 5" blister pad (or equivalent moleskin, etc.)

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MOUNTAIN BIKE (TO BE CARRIED DURING EACH BIKE SECTION)

Individual

- 1 Mountain Bike
- 1 [Bike Helmet](#) (must be worn at all times)
- 1 [Spare Tube](#)
- 1 Pair of [Bike Gloves](#)

Team

- 1 [Tire Pump](#)
- 1 Set of [Tire levers](#)
- Yellow Safety pinny

Recommended (but not mandatory)

- 1 Inner tube [patch kit](#)
- 1 [Chain repair tool](#)
- 1 Set of [Allen keys / hex wrenches](#)
- 1 [Bike computer](#) (highly recommended)
- 1 [Water bottle](#) on bike ([get your own Swamp Donkey Bottle](#))
- 1 [rear blinking light](#)

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SWAMP DONKEY ADVENTURES

PADDLE (TO BE CARRIED DURING EACH PADDLE SECTION)

Individual

- 1 [Personal Flotation Device \(PFD\)](#) with whistle attached - must be Canada Coast Guard approved (must be worn at all times)
- 1 Glow stick per team member
- 1 [Canoe paddle](#) or [Kayak paddle](#)

Team

- 1 [Canoe](#)
- 1 [Throw bag](#) (or 15 meter of floating rope)
- 1 [Bailing device](#)

Recommended (but not mandatory)

- [Portage Cart](#)

PROHIBITED FOR THE ENTIRE RACE

- GPS or electronic device (smart phone) or any device with GPS capabilities enabled
- Maps other than those supplied by the race organizers



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