

Mandatory Equipment Sabah Adventure Challenge 2010

PER PERSON

Quantity	Item(s)	
1	Compass	
1	Headlamp and spare batteries	
3	Deep Heat Spray (if you are allergic, a replacement can be used instead)	
1	1.5 Litre Bladder	
3	Glowsticks	
1	Whistle	
1	Emergency Blanket	
1	Brimmed hat	
1	Means of carrying an additional 1.5 Litres of drinking water (bottle)	
1	Full half or half fingered gloves	
1	Light sleeping bag	
1	Light Rain Jacket or Poncho	
1	Light rope or string to build a shelter with poncho if necessary (3 meters)	
1	Foldable knife	
1	Plate, cup, fork, spoon (1 each)	
1	Mt.Bike Helmet	
1	Life Jacket	
1	Set of front and rear lights for Mountain Bike	
2	Spare Mt.Bike tire tubes (be prepared for multiple flats from sharp stones)	
1	Dry bag or water proof pouch to store sensitive items	
1	Photo ID (a temporary photo ID with photo, full name, DOB, blood type and any medical information a first responder may need to know in the event of an emergency or evacuation. Photocopy of insurance should also be carried together with the photo ID in a small ziplock/water proof pouch)	
1	Backpack	

PER TEAM

1	Bicycle Pump	
1	Alan Key	
1	Bottle of water purification tablets or alternative	
1	Bicycle repair kit including basic brake pads, spare tires, tubes, puncture patch's, etc)	
1	SPF40+ Sunblock	