

## **SASKATCHEWAN ORIENTEERING ASSOCIATION** **NAVIGATION MARATHON GEAR LIST EXPLAINED**

**Windproof/waterproof over trousers (with taped seams).**

**Windproof/Waterproof Jacket, which must have long sleeves and head covering (with taped seams).** (*read-hood*) Water-resistant and wind resistant are not enough. You should expect the worst in weather. During previous NMs we have had snow, rain, heavy fog and high winds. You must have an outside layer that protects you. Waterproof breathable fabrics include Gore-tex, Gore-tex XCR, Entrant, Xalt etc. You may be looking at waterproof and not breathable. This would be fine if you expect to travel at a measured pace or be prepared to sweat. Soft shell tops tend to be water *resistant* and may not have a hood.

**Warm Trousers or Leggings, full leg cover, jeans are not permitted.**

Fleece running tights are recommended. You may choose to compete in shorts the weather permits but you still must carry the tights. What ever trousers you decide on they must provide warmth.

**Adequate footwear with suitable grip for trail conditions, road running shoes are not normally suitable.** Be fussy about your shoes. Train in them to ensure you will not have trouble in the field. Comfortable fit and an aggressive tread are essential.

**Shirt, Sweater, Fleece Top or equivalent clothing.** This is your insulating layer. Pick a technical and warm top.

**Hat, gloves and socks** Pick a toque to wear during the run and while sleeping. I prefer close fitting gloves during the race. Recommend two pair of socks, one pair for each day.

**Shirt or Thermal Top** I prefer a polypropylene top but pick what works best for you. If the weather is good you may be down to this as a top. This must wick sweat away from your skin.

**Headlamp** I like a more powerful lamp (halogen) and as such an LED may not be my choice. If the night event also has rain and/or fog an LED may not penetrate the night to illuminate the control. You may choose to use a flashlight as well as a headlamp.

**Whistle** A simple but loud whistle is best. Tie it to the outside of your pack shoulder strap for convenience.

**Compass (GPS not allowed)** A simple flat plate compass is all you need. Ensure you know how to measure a bearing on the map and follow that bearing on the ground. Know how to orientate the map using the compass.

**Map (as supplied)** Maps are given to teams at their start time.

**Sleeping Bag** Having a bag good to 0 C is probably enough. Follow the weather up to the event. We may need more protection. Two pounds or less is good.

**Emergency Rations (not eaten except in an Emergency and in it's own bag)** This should be about 500 calories. Approximately two energy bars (per person).

**First Aid Kit** Vaseline, Assorted Band-aids, toilet paper, tensor bandage, anti-biotic cream, closure bandages (steri-strips, butterfly closures) Special needs: inhalers, prescription medications. Any other items you feel are needed. In general be prepared to deal with blisters, chafing, bruises, and torn skin.

**Marker (for route planning on the map)** This is needed for route planning and to mark your map and if you lose your control card you can mark your map with the control codes and then punch the map.

**Space/Survival blanket-** For emergencies and possibly covering the tent floor to provide a cold barrier.

**Backpack** Pick one around the 30 liter size with hip pockets and netting on the outside for quick access items such as food and drink. Train with it on loaded to ensure your back and skin are ready for the load and chafing/rubbing.

**Tent- must be a complete tent with sewn in floor. Tarps, half shelters or improvised shelters are not permitted** (does not apply to Military Teams who may race with an issue bivouac bag) The tent will need to be for 2 people. Choice may start at single or double wall. Try pick one that is less than five pounds. The tent is to be complete as manufactured (single or double wall-tent and fly). A vestibule is best for gear and possibly for making meals out of the elements.

**Food** for the duration of the event, i.e. 36 hour. Some of the two person meals such as Backpackers Pantry and the like may be a good choice. A variety of foods/flavours are recommended. As is the case with racing in general, don't try it for the first time during the event.

**Cooking equipment** (including stove and fuel). All teams must cross the finish line on day 2 with enough fuel to make a hot drink for both team members. Choice starts with type of fuel: naphtha, liquid propane gas, butane, alcohol. Work with your stove before the event. Understand exactly how it

works, how much fuel you will need for 2 meals plus one hot drink for the team and how long to boil water.

### **Other items**

Hydration- I like a two liter bag. There will be water located in the field that may or may not be near controls. Carry this outside the main bag of your pack so it is easy to get at for filling.

Zip lock bags- for gear and a makeshift pillow.

Shopping bags- one for each foot at the overnight camp. After you arrive at the camp put on your dry socks and put the shopping bags on over your socks. Then put your wet shoes back on.

Cup

Spoon