

TESCHE GEAR CHECK LIST

Paddler#1's List

- Drinking systems (6 bottles)
- Ice towels
- 2 Space blankets
- Canoe repair kit
- Canoe gear
 - o Life vest
 - o Paddles
 - o Glow sticks
 - o Hat
 - o 2 Pairs of shoes
- Spot GPS
- Chafing ointment
- Travel storage containers
- Bottles for Spiz or Ensure or Boost
- First Aid Kit
- Sunglasses
- Outfit??
- Personal gear

Paddler#2's List

- Drinking systems (6 bottles)
- Canoe gear
 - o Life vest
 - o Paddles
 - o Hat
 - o 2 pairs of shoes
 - o Resin repair kit
- G1, G2 and G3
- Chomps and Gus
- Cell phone
- Umbrella
- 4 walky-talkies
- 2 Louisiana maps
- Liquid Skin
- Personal gear

Pit Crew#1's List

- Food
- Spiz or Ensure or Boost
- Power Gel
- 2 first aid kits
- Wet wipes and A & D Ointment
- 5 Hour Energy
- Plastic containers and bags
- Knife, jackknife and cutting board
- Moleskin
- Bug repellent
- Extra film can

- Chapstick
- Imodium and prunes
- Phone and jack
- Baby powder
- 2 bandanas Motrin, NoDoz, Pepto Bismol, Tums and Visine
- Antiseptic ointment and bandages
- Camera and computer
- 2 shopping bags
- Backpack for bank running
- Spare towels/rags
- Guide booklets
- Sunglasses and headlamp
- Cow bell
- Personal gear

Pit Crew#2's List

- 2 water containers
- 2 walky-talkies
- Batteries- 12 double As
- Umbrella
- Extra duct tap
- Sunglasses
- Personal gear

First Aid Kit Check list

- Band-aids
- Antiseptic ointment
- Motrin
- Moleskin
- Visine
- Antacid (pink Pepto)
- NoDoz
- Electrolyte tablets
- Salt tablets
- 2 bandanas
- Whistle
- Small jackknife
- Sun screen
- Lip gloss with sunscreen
- Tums
- Bug repellent
- Imodium
- Space blanket
- Body Glide
- Matches
- Small Emergency Water Bottles
- Extra sunglasses

Organization Lists

Backpack

1. First aid kit
 - a. A & D Ointment
 - b. Bandages
 - c. Motrin
 - d. Imodium
 - e. Tums & Pepto
 - f. Baby Powder
 - g. Salt Tabs
 - h. Chap stick
 - i. Electrolyte replacements
 - j. First Aid Ointment
 - k. 2 space blankets
 - l. 2 bandanas
 - m. Gloves
 - n.
 - o.
2. Always needed items
 - a. Bug repellent
 - b. Spray on sunscreen
 - c. Lip gloss
 - d. Body Glide
 - e. Duct tape
 - f. Toilet paper
 - g. 5 Hour Energy
 - h. Extra energy drink
 - i. Ice towels
 - j.
 - k.
3. Clothing
 - a. 2 shirts
 - b. Spare life vest
 - c.
 - d.
4. Work kit
 - a. Batteries- AA, AAA & C
 - b. Wrench kit
 - c. Screw driver
 - d. Duct tape
 - e. Scissors
 - * Headlamps

g.
h.

Equipment Bag

1. Extra water bottles
2. Walky-talky
3. Toilet paper
4. Duct tape
5. Map bag
 - Directions, Time Sheets, Map
- 6.
- 7.

Food

1. Fruit
2. Peanut butter and honey sandwiches
3. Food packets with Gel Packs, etc.
4. 3 canvas bags
5. Plastic containers

Extra Food

1. Snacks
2. 5 hour energy
3. Granola bars
4. Cookies
5. Gatorade
6. Food for ground crew
- 7.
- 8.

Kitchen

1. Cutting board
2. 2 knives
3. Old towels
4. Paper towel
5. Hand sanitizer
6. Plastic bags
- 7.
- 8.

Bank runners list

1. Computer
2. Backpack
3. Cell phone
4. Extra car keys
5. Binoculars
- 6.