

# POCAR 2018 PREPARATION

## Preparation Suggestions:

Get some navigational practice!! It is mandatory that at least one person on your team have orienteering skills. You must know how to read and plot UTM coordinates.

It is highly recommended that you do some cardiovascular training before the race. This race is going to test you mentally and physically, so getting in shape now will really help your endurance during the race. Training alone is no fun, and training with your teammates is a great way to build team work and also gives you a chance to get to know each other.

It is also recommended that you meet as a team to discuss strategies, like whether or not to sleep. Make sure that you have all the gear you will need as a team. Discuss any ideas for training, strategy, etc. The time you spend together will help to not only prepare you, but also build camaraderie. This race is going to take a lot of team work, so the more you get to know each other before the race, the better!

**Also, make sure your emergency contact knows that you have listed them!**

1. Notify us at headquarters if you are backing out of the race
2. Make sure your emergency contact is aware!

**Check that you have all the gear you need, most importantly the required gear list. Also listed below is some additional recommended gear.**

## Required Gear:

**These items must be carried at all times and volunteers will check periodically to make sure you have everything!**

- 1 Sleeping bag rated for the temperatures and 1 survival blanket; or 2 sleeping bags
- First-aid kit (1 ACE bandage, 2 adhesive bandages, 2 3X3 gauze pads, 1 antiseptic tube, 10 tablets of aspirin, ibuprofen, naproxen, acetaminophen, or something equivalent as a minimum)
- Maps (provided)
- Compass
- Visibility vests (provided)- these must be visible at all times
- Whistle
- Water filter, iodine tablets, or micro-pur tablets
- Shelter - tarp, tent, or equivalent that all team members can fit under.  
Note: Bivy sacks can count as a sleeping bag and shelter, but only for one person as only one person can fit in it at a time.
- Watch
- Each racer should carry:
  - Water bottles (2-3 quarts per person)
  - Warm hat
  - Gloves
  - Rain jacket or poncho
  - Headlamp or flashlight
  - Spare batteries
  - Warm clothing

**NOTE:** Pay close attention to the weather. If your gear cannot stand up to the cold weather, the race coordinator may withdraw your team from the race. Temperatures in the past have gotten extremely cold, and unprepared teams suffered.

### **Additional Recommended Gear:**

- Breathable, wicking, synthetic clothing (cotton tends to soak up sweat and water and just stay wet; dressing in a few layers is key)
- Long winter underwear (top and bottom)
- Fleece jacket
- Rain gear/waterproof outer shell
- Good, well-fitting, comfortable, waterproof footwear (Hiking boots or supportive shoes are best)
- Several pairs of wool socks (Recommend a change of socks ~ every 8 hours)
- Blister care items, including “second skin/moleskin”
- Gaiters
- High energy food - Trail mix, Gatorade, protein/energy bars, electrolyte shots, jolt gum, candy, dried fruit, etc.
- Stove/cooking supplies - it’s a good idea to take a break at a fire and water checkpoint, and cook a meal.
- Backpack (a small 1-2 day pack is ideal)
- Pack cover, if your pack is not waterproof (or poncho, large trash bag, etc.)
- Knife
- Bandanna (one of the most useful emergency and non-emergency tools)
- Trekking poles

## **Useful Links:**

Topographic map symbols:

<http://erg.usgs.gov/isb/pubs/booklets/symbols/>

Topo-maps online:

<http://www.topozone.com/>

<http://www.maptools.com/UsingUTM/>

<http://www.nps.gov/prwi/readutm.htm>

[http://geology.isu.edu/geostac/Field\\_Exercise/topomaps/utm.htm](http://geology.isu.edu/geostac/Field_Exercise/topomaps/utm.htm)

Navigation:

<http://www.discoverjasper.com/RMHiking/navigat.htm>

<http://www.scottishsport.co.uk/walking/compass.htm>

<http://poc.purdue.org/docs/orienteer.doc>

Winter issues:

<http://www.hypothermia.org/>

<http://www.call-wild.com/quinzee.html>

<http://world.std.com/~bostonhb/docs/winterclothes.html>

## **Race Contact:**

If you have any questions do not hesitate to contact the Race Coordinators.

Course Coordinator: Gavin Achtemeier (gachteme@purdue.edu)

Registration Coordinator: Victoria VanEtten (vvanette@purdue.edu)