



Gear List

2008 Red River Gorge American Classic, a/k/a The Fig VI

Stop by your local outdoor retailer to find everything you'll need to wear or carry for the Fig VI.



Cave Run Bike Shop
995 Hwy 801 South
Morehead, KY
606-784-1818

Phillip Gall's
1555 E. New Circle Road
Lexington, KY
859-266-0469

Benchmark Outfitters
9525 Kenwood Road
Cincinnati, OH
513-791-WILD

The Extreme Outfitters
14620 N. Meridian Street
Carmel, IN
317.818.0860



▶ MANDATORY GEAR

- Mountain bike
- White light on front
- Red flashing light on rear
- Bicycle helmet
- Canoe/kayak
- Type III PFD
- Knife, min 2.5" blade
- Whistle
- Emergency space blanket
- Lighter or other weatherproof fire starter
- Whistle
- Headlamp with extra batteries
- Climbing harness
- 2 locking carabiners
- 1 rappel device
- 6—8 mm cord for Prussik
- First aid kit (Ace bandage, gauze pads, betadine or alcohol swabs, medical tape)
- Photo i.d.

GEAR TIP FROM THE EXPERTS:

Gore-tex shoes are great for shorter races in wet weather, but for a longer event where you're going to be getting your feet submerged, you want shoes that will drain and allow your feet to dry out, avoiding the dreaded "trench foot."

▶ RECOMMENDED GEAR

- Spare bike tube
- Bike pump/CO2 inflator
- Bike multi-tool, with chain tool
- Backpack with 3-liter bladder
- Electrolyte replacement
- Energy bars, gels, drinks
- Compass
- Full-fingered gloves
- Money
- Long pants, wicking
- Long sleeved shirt, wicking
- Wool socks, with extra pair
- Fleece hat if below 60*
- Fleece top if below 60*
- Waterproof jacket
- Waterproof map case
- Blister kit

*Bear in mind that you will be racing after dark, wet, and may be curled up in a remote rock shelter until daybreak, awaiting rescue

60 miles of Fig n' Pain.