

Iron Dog® Participant Preparation Check-List

THE FOLLOWING INFORMATION IS JUST A SUGGESTED GUIDELINE, IT SHOULD NOT BE USED SOLELY IN PREPARATION FOR THE IRON DOG EVENT, OTHER SUGGESTED PREPARATION MATERIALS INCLUDE BUT NOT LIMITED TO: Iron Dog® Current Event Rules, ISR Rules, Snowmobile Owners Manual, Veteran Race Assistance, Rookies Workshop, Local Snowmobile Dealers, State of Alaska and Government Web-Sites, www.IronDog.org.

Snowmobile Accessories & Add-ons Nutrition/Hydration

REAR CARGO BAG
CUT SEAT
TANK BAG/MAP
WINDSHIELD
FUEL BAGS
FUEL BUDDY
HANDLEBAR
GAUNTLETS
HELMET LAMP
HOOD BIB
TUB BAG/STORAGE
4 TOOL BAGS
TOOL BOX MOUNTED
GPS MOUNT HEATED & BATTERY POWER

Training

TRAILS TO SKWENTNA, SHELL LAKE, PUNTILLA
1500 - 2000 PRACTICE MILES
COLD WEATHER TRAINING
TRAIL TO BIG SU
GALLON OF WATER PER DAY
CAFFEINE WITHDRAWAL
TOBACCO WITHDRAWAL
TRAINING WITH WEIGHT OF SLED
PACKING AND UNPACKING SLED

Parts in Nome, on the machine and on the trail

SKI CARBIDES
HY-FAX
REAR SHOCK
DRIVE BELTS
JEANS
SHIRT
SHOES
CHAINCASE OIL
FUEL
MONEY FOR TRADING IN VILLAGES
STAGING PARTS ON TRAIL WHERE, WHEN & WHY



Personal Hygiene

BAG BALM
VASELINE
PREPARATION H
DUCT TAPE
GLASSES & CASES
SUN GLASSES
EYE CONTACTS
DEODORANT
SHAVING BAG
FROST BITE CARE
FOOT CARE
SUPER GLUE
BAND AIDS & FIRST AID TAPE
FACE CARE DUCT TAPE APPLICATION
OTHER CHAFFING SPOTS
ASPIRIN AND PAIN MANAGEMENT
HAND CARE BLISTERS
BAR SOAP

Personal Gear-COTTON KILLS

2 FLEECE TOPS OR COMPARABLE
2 FLEECE BOTTOMS OR COMPARABLE
SHIN GUARDS
2 FULL SETS LONG UNDERWEAR
2 PAIRS OF WATER WICKING
3 RIDING GLOVES
HEAVY GLOVES OR MITTENS
DOWN JACKET
1 FULL SET OUTER SHEL
HELMET
2 GOGGLES (PERSCRIPTION)
2 BALACLAVAS
BIKE SHORTS
CAMEL BACK
BUNNY BOOTS
EYE CARE CONTACTS/GLASSES
WEIGHT V/S USE

Team Equipment

FIRST AID KIT
HATCHET/SAW
WATERPROOF MATCHES
ARCTIC STOVE
2 CANS STERNO
25' OF 3/8" NYLON ROPE
1 2-3 MAN TENT OR BIVY SAC PER MEMBER
2 DAYS FOOD



Field Repairs

RADIATOR LEAKS
TAIL LIGHT REPAIRS

Individual Safety Equipment

SLEEPING BAG Capable of protecting till -20F
ARCTIC CLOTHING
MAPS
COMPASS
GPS BATTERY BACK UP & WARMER
2 GOGGLES
STATE REGISTRATION
BUNNY BOOTS/ARCTIC BOOTS
FLASHLIGHT C/D CELL RECOMMENDED
3 FLARES
SNOW FLAP
HEAD LIGHT
TAIL & BRAKE LIGHT
CLUTCH GUARD
WINDSHIELD
HELMET
CARGO BAGS
MILEAGE CHART
WEIGHTS V/S USE
BOX OF WATERPROOF MATCHES

Sled Preparation

TESTING
BREAK IN MILES
DOUBLE WINDSHIELD / HIGHER WINDSHIELD
FRONT & REAR SUSPENSION (GREASE & LOCTITE)
VOLTAGE REGULATOR
MIRROR
EXTRA HOOD CLAMPS
CUT SEAT
INSTALL REAR RACK
REINFORCE RUNNING BOARDS/TUNNEL
RUNNING BOARD GRIPS/PREPARE FOR FUEL BAGS
STUD TRACK
ADJUST LIMITER STRAPS
HEAVY REAR SPRINGS
INSTALL SKID PLATE
KNOT STARTER CORD
REMOTE LOCATE HAZARD LIGHTS
HANDLEBAR GRIPS



Tools, see recommended tools in Snowmobile Owners Manual.

Sockets 3/8" DRIVE 7/16" SHALLOW 1/2" SHALLOW 1/2" DEEP 9/16 " SHALLOW 5/8" SHALLOW 3/4" SHALLOW 10 MM 12 MM 14 MM 3" EXTENSION 8" SHALLOW	Wrenches 7/16" 1/2" 9/16" 10 MM 12 MM 14 MM SPARK PLUG 8" CRESCENT	Miscellaneous NUTS & BOLTS ZIP TIES SCREWDRIVERS ELEC/DUCT TAPE HATCHET/SAW PLIERS LEATHERMAN TOW STRAP CHANNEL LOCKS ROPE 1200lb BAILING WIRE
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Race Strategy

SAVE TIME! Don't break your machine or yourself, know your gear and how it works. Be efficient with food, hydration and details. Always have a Plan A, Plan B and Plan C that you and your partner agreed on and stick to the PLAN.

SAFETY should always come first! Remember you are there for your race partner and all the family, friends, sponsors and spectators that supported your team!

Be prepared for ANY emergency! Know how to use your equipment, treat hypothermia, call for help, winter survival, how to get out after breaking through ice and apply First Aid practices!

Layovers & Checkpoints

Checkpoints are locations for receiving fuel and oil from Iron Dog and have the option to receive replacement parts. Layovers are mandatory locations and times for Pro Class Race Teams to take off the clock time for resting.

