



GET OUT THERE



## GEAR LIST

### MANDATORY GEAR

**TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT**

#### IMPORTANT PLEASE READ!

Please understand that we are trying to keep our fun and friendly, however, your mandatory kit list means just that. It is essential to have these items with you at all times. They will be checked pre-race and can be spot-checked at any time over the 3 days. Participants missing any of these items will not be allowed to start. Participants not having these items on spot-check will be penalised.

The list has been compiled from personal race knowledge and experience, and for your own safety - it is not there just to be mean and make you carry more stuff! Accidents happen and your first aid kit, whistle etc. are essential to minimising misery and injury. Dehydration can be a serious issue affecting not only your physical state but your mental one as well - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Overhydrating can also be a risk so please ensure you have a good balance of water as well as replacement salts/electrolytes. By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.

- 1. FOOD FOR 3 DAYS** Minimum of 2500 calories for Male and 2000 calories per day for Female. i.e. Male total 7500 calories and Female 6000 calories.
- 2. 1.5 LTR HYDRATION PACK OR BOTTLES** Full to capacity on Day 1 - Stage 1 start line.
- 3. SLEEPING BAG AND MAT** Please ensure the rating for your sleeping bag is suitable for minimum 10°C.

- 4. ROUTE/COURSE MAP AND COORDINATES** For CP and Campsite navigation.
- 5. COMPASS** If you become lost, you should be able to find your way to the previous or next camp without assistance.
- 6. RUBBER CUP** (SUPPLIED) drinks will be pumped, NOT given in bottles or disposable cups - in your goody bag there will be a collapsible cup to use for water please take it with you on your run. No cup, no drink!
- 7. WHISTLE**
- 8. HEADLAMP** with spare batteries
- 9. EMPTY ZIPLOCK FOR RUBBISH**
- 10. SURVIVAL BLANKET**
- 11. SURVIVAL MIRROR** 5cm sq minimum
- 12. BLADE** a sharp pen knife or equivalent
- 13. SLEEVE PATCH** you will be provided with a patch to iron on to your shirt - please secure it to your right sleeve before the start of the race.
- 14. FIRST AID KIT:** Contents to include the following min:  
Blister Kit, Sterile safety pin  
4"x4" gauze pads, Roll of medical tape  
Antibacterial ointment or cream, Ace Bandage  
Painkiller tablets (Tylenol, Aspirin, etc.)  
Anti-inflammatory tablets (Voltaren, Ibuprofen, etc.)

### OPTIONAL/RECOMMENDED GEAR

- 1. SAND GAITERS**
- 2. SUNGLASSES**
- 3. PEAKED HAT WITH OR WITHOUT NECK FLAP**
- 4. SUNSCREEN**
- 5. SPARE ZIPLOCKS BAGS**
- 6. SMALL SCISSORS**
- 7. LIGHT JACKET/FLEECE**
- 8. SPARE DUCT TAPE**
- 9. ENERGY GELS/NUTRITION**
- 10. FLIP FLOPS OR SLIPPERS FOR CAMP**
- 11. HAND SANITIZER/WET WIPES**
- 12. TOILET ROLL**
- 13. CAMERA/EXTRA BATTERY**
- 14. WARM EVENING CLOTHES**
- 15. SPARE SOCKS**