



GET OUT THERE

WADI RACER - EVENT DETAILS



MANDATORY GEAR

TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT

IMPORTANT PLEASE READ!

Please understand that we are trying to keep these low-key events fun and friendly, and the day we start rifling through bags checking every item on the mandatory list and stopping people running the event is the day that the fun and friendliness changes into a different experience.

The list has been given from personal race knowledge and experience for your own safety and is not there just to be mean and make you carry more stuff! Accidents happen and your first aid kit, whistle and mobile phone are essential to minimising injury. It is also getting increasingly warm - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free.

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. 1.5LTR HYDRATION** - (Nathan/Salomon/ Camelbak, bottles etc) full to capacity at the start line.
- 2. HEADTORCH**
- 3. CELL PHONE** Fully charged with

pre-programmed number of race director +971 52 831 0017 - note this number is only operational on race day.

- 4. COLLAPSIBLE CUP (SUPPLIED)** drinks will be pumped, NOT given in bottles or disposable cups - in your goody bag (distributed on the day) there will be a collapsible cup or bottle to use for water and energy drinks, please take it with you on your run). No cup, no drink!
- 5. ELECTROLYTE TABLETS/POWDER (SUPPLIED)**
Aqualyte and water will be supplied at checkpoints.
- 6. WHISTLE**
- 7. EMPTY ZIPLOCK FOR RUBBISH** this is a beautiful place, we are trying to limit our impact on the environment - please take rubbish home, please do not drop any litter, however small along the course.
- 8. COURSE MAP PRINTOUT**
- 9. FIRST AID KIT:** Contents to include the following min:
4"x4" gauze pads
Roll of medical tape

Antibacterial ointment or cream

3" wide Ace Bandage

Painkiller tablets (Aspirin, etc.)

Anti-inflammatory tablets (Voltaren, Ibuprofen, etc.)

NOTE: THERE ARE NO EMERGENCY SERVICES PRESENT AT THE EVENT. WE TRUST THAT YOUR FIRST AID KIT WOULD INCLUDE ANY SPECIFIC MEDICATION YOU REQUIRE PERSONALLY, AND BE COMPREHENSIVE ENOUGH TO DEAL WITH MOST MEDICAL SITUATIONS.

OPTIONAL/RECOMMENDED GEAR

- 1. WATERPROOF (ZIPLOCK) FOR PHONE**
- 2. SMALL SCISSORS**
- 3. ENERGY GELS/NUTRITION**
- 4. WATCH/TIMING DEVICE**