



URBAN-ULTRA ROCKRUNNER - 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 supply 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 LITRE HYDRATION (500ML FOR 5K)** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line. Water is PUMPED not given as individual bottles, so please ensure you have a container for a drink on the course.

- 2. CELL PHONE** Fully charged, pre-programmed number of Race Director +971 52 831 0017 or Thuraya +8821644417298 - note this number is only operational on race day.
- 3. ELECTROLYTE TABLETS/POWDER** Aqualyte and water will be supplied at checkpoints.
- 4. WHISTLE**
- 5. 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.
- 6. COURSE MAP PRINTOUT**
- 7. FIRST AID KIT:** Contents to include the following (Please do not take the painkillers before you run!):
 - 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: ALTHOUGH WE HAVE AN AMBULANCE PRESENT AT THE EVENT START. 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 OR UNTIL WE CAN LOCATE AND TREAT YOU FOR ANY SERIOUS INJURY.

OPTIONAL/RECOMMENDED GEAR

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