

1.3 MANDATORY GEAR (TO BE CARRIED AT ALL TIMES BY PARTICIPANTS)

- This list is based on expert advice and knowledge to ensure your safety
- 500ml Hydration – needs to be filled 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. (5k runners min. 200ml)
- Mobile phone - fully charged with the pre-programmed number of the race director (mobile 052 8310017 or satellite phone +882 16444 108283). This number will only be operational on the race day
- Electrolyte tablets/powder - Aqualyte and water will be supplied at checkpoints.
- Whistle for help
- Empty ziplock bag for rubbish. This is a beautiful place and we are trying to limit our impact on the environment. Please take rubbish home and do not litter along the course, no matter how small
- Course MAP PRINTOUT
- 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 will 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 injuries
- Please be respectful of our surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave
- Please note, that the course road is not closed to traffic, and locals use parts of it to access their villages. Be aware that you may encounter a minimal amount of cars or trucks whilst running
- Optional/Recommended Gear:
 - Waterproof (ziplock bag) for your mobile phone
 - Small scissors
 - Energy gels/nutrition
 - Watch/timing device