



GET OUT THERE

BIG STINKER, DUBAI - GEAR LIST



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 - for everyone.

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 and mobile phone 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. 1.5 LTR HYDRATION PACK** - (Nathan/Salomon/ Camelbak etc) full to capacity at the start line.
- 2. CELL PHONE** (Fully charged with pre-programmed number of race director +971 52 831 0017).

- 3. 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/bottle, no drink!
- 4. ELECTROLYTE TABLETS/POWDER** (SUPPLIED)
Aqualyte and water will be supplied at CP1 and CP2
- 5. WHISTLE**
- 6. 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.
- 7. COURSE MAP PRINTOUT:** Attached
- 8. 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. SUNGLASSES**
- 2. PEAKED HAT WITH OR WITHOUT NECK FLAP**
- 3. SUNSCREEN**
- 4. WATERPROOF (ZIPLOCK) FOR PHONE**
- 5. SMALL SCISSORS**
- 6. ENERGY GELS/NUTRITION**