

WELCOME TO THE ROCKRUNNER 2018



■ **Mandatory Gear - IMPORTANT PLEASE READ!** *ITEMS TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT*

By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.

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 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 for your safety. 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.

- **1 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line.
- **CELL PHONE** Fully charged with pre-programmed number of **RACE DIRECTOR +971 50 4422934** - only operational on race day.
- **COLLAPSIBLE CUP** (SUPPLIED) Drinks will be pumped, NO bottles or disposable cups are given - in your race pack there will be a collapsible cup to use for water and energy drinks, please take it with you on your run. No cup, no drink!
- **WHISTLE** to signal for emergency
- **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.
- **FIRST AID KIT**: Contents to include the following: 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: The list is a guideline to the content of a first aid kit. 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.

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OPTIONAL/RECOMMENDED GEAR

Waterproof (ziplock) for phone,
Small scissors
Energy Gels/Nutrition
Watch/timing device
Blister care
Light jacket

HAPPY RUNNING - ENJOY YOUR RACE!