



## Mandatory Gear List – 105km runners

### Mandatory items

- capacity to carry two litres of fluid (water bladder and/or water bottles acceptable)
- 1 x waterproof jacket with hood (plastic rain poncho and like not acceptable) \*note that the jacket will only be required to be carried if heavy rain is forecast
- 1 x beanie (can be left in a drop bag – head buff not acceptable)
- 1 x running gloves (for warmth, must be fleece or similar – can be left in a drop bag)
- 1 x head lamp (can be left in a drop bag)
- 1 x small backup light
- 1 x mobile phone programmed with race organiser's number (Ben 0447 550 010)
- 1 x compass (watch/phone compass not acceptable)
- 1 x whistle
- 1 x emergency space blanket
- 1 x compression bandage (minimum 10cm wide x 2m long)
- 1 x zip lock bag for personal rubbish
- 1 x race number (provided by organisers)
- 1 x "go anywhere toilet kit" (provided by organisers)
- 1 x print out of course maps and descriptions (provided by organisers)
- 1 x waterproof map covering
- 1 x high visibility safety vest (please note safety vest is to be worn from 4.45pm – can be left in a drop bag)

### Suggested items

- energy food
- body lubricant
- sunscreen
- cap or hat
- spare socks
- spare batteries
- additional warmer clothing
- more substantial first aid kit (e.g. includes sterile dressings, painkillers, etc)
- 1 x long sleeved thermal
- 1 x long legged thermal
- 1 x waterproof pants
- 1 x lightweight dry sack (to keep compulsory clothing dry)