



## Mandatory Gear List - 35km runners

### Mandatory items

- capacity to carry 1.5l litres of fluid (water bladder and/or water bottles acceptable)
- 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 print out of course maps and descriptions (provided by organisers)
- 1 x waterproof map covering

### Suggested items

- energy food
- body lubricant
- sunscreen
- cap or hat
- spare socks
- spare batteries
- additional warmer clothing
- more substantial first aid kit (eg 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)