



Mandatory Gear List - 57km 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 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 (gloves and beanie)
- more substantial first aid kit (e.g. includes sterile dressings, painkillers, etc)
- high visibility safety vest
- headlamp/torch
- 1 x waterproof pants
- 1 x lightweight dry sack (to keep compulsory clothing dry)