

# MANDATORY GEAR



Item	Description
<p><b>Long Sleeve Thermal Top (polypropylene, wool)</b></p>	<p>Cotton, Coolmax and lycra garments are <b>NOT</b> suitable.                      Compression garments and thermal compression garments are <b>NOT</b> suitable.                      Compression garments may still be used in the race but they are in addition to your mandatory thermal top and do not replace it.                      Refer to '<b>Thermal Garment Requirements</b>' for more information.</p>
<p><b>Thermal Garment Requirements</b></p>	<p><b><u>Suitable garments:</u></b></p> <p>The mandatory long sleeve thermal top must be made of either a high performance synthetic material that is made up of fibres which are hydrophobic (ie they do not hold water) or they can be made of lightweight wool (wool does absorb water but it remains warm to wear when wet due to warm air being trapped in lots of tiny air pockets).</p> <p>Garments made of synthetic materials such as polypropylene, polyester and chlorofibre (PVC) are perfect as the fibres do not hold moisture. Garments made from these materials can feel slightly damp in wet conditions but that is because moisture is held in the tiny spaces between the fibres.</p> <p>As the fibres do not get wet these garments will actually dry out from your body heat while you are wearing them and there is no evaporative cooling effect as the moisture evaporates from the spaces between the fibres.</p> <p>Modern thermal materials may use a small amount of spandex, elastane or Lycra to provide greater shape retention, tighter fit and therefore greater warmth.</p> <p>Garments made of a material that is 94% polyester and 6% spandex are perfect.</p> <p><b><u>Not suitable:</u></b></p> <p>Garments made mostly of synthetic materials such as lycra (a polyester-polyurethane copolymer) and coolmax (which is polyester with fibres amended so they do absorb moisture) are not suitable for this event as they hold moisture against your skin and they also wick moisture away very well thus causing substantial evaporative cooling.</p> <p>All compression garments are made of mostly lycra so they are not suitable as your mandatory thermals in this event.</p> <p>Cotton is also unsuitable as it absorbs water and holds the moisture against the wearer's skin. Unlike wool, cotton has no bulk to trap warm air so the wearer remains cold.</p>
<p><b>Waterproof and Breathable Jacket with Fully Taped (Not Critically Taped) Waterproof Seams and Hood</b></p>	<p>The breathability must be provided by the material itself and not exclusively by mesh panels.                      Minimal underarm vents are allowed if the jacket material itself is technical and breathable.</p> <p>Large mesh panels, even if covered by flaps are <b>NOT</b> permitted.</p> <p>A premium jacket would have a waterproof rating of over 15,000mm hydrostatic head and a breathability MVTR rating of 20,000g/m<sup>2</sup>/25hrs however much lower ratings are completely acceptable.</p>



# MANDATORY GEAR



<p><b>Waterproof and Breathable Jacket with Fully Taped (Not Critically Taped) Waterproof Seams and Hood</b></p>	<p>Any non-membrane jacket must still be in very good condition with waterproof coating intact. The jacket must fit you.</p> <p>Plastic rain ponchos, wind jackets, water resistant jackets are <b>NOT</b> suitable.</p>
<p><b>Beanie, Balaclava, or Head Sock (Buff)</b></p>	<p>Beanie, Balaclava, or Head Sock (Buff)</p>
<p><b>Mobile Phone in Working Order Fully Charged Battery &amp; working SIM Card</b></p>	<p>Must have a SIM card that can connect to an Australian Cellular Network (ie mobile phone calls can be made and received while you are in Australia).</p> <p>It is no use if you are relying on WiFi to get an emergency message out or for race organisation to try to contact you if you go missing.</p> <p>There is limited WiFi access on course. Also make sure your phone is fully charged and the battery will last for your whole race time.</p>
<p><b>Whistle</b></p>	<p>Whistle</p>
<p><b>Emergency Space Blanket (or Light Bivvy Sack Equivalent)</b></p>	<p>Emergency Space Blanket (or Light Bivvy Sack Equivalent)</p>
<p><b>Compression Bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched)</b></p>	<p>The wrapping should list 'heavy weight cotton crepe bandage' or 'heavy cotton elastic bandage' or 'heavy weight elastic support bandage'.</p> <p>This item is used for the treatment of sprains or snake bite.</p>
<p><b>Water Bottles or Bladders (2 Litre Capacity)</b></p>	<p>Water Bottles or Bladders with a capacity to carry 2 Litres of water</p>
<p><b>Food Bars / Portions</b></p>	<p>You need to start each leg with 2 food portions and can eat these during the leg.</p>
<p><b>Ziplock Bag for Personal Rubbish</b></p>	<p>Ziplock Bag for Personal Rubbish</p>
<p><b>Participants Emergency Instructions Card</b></p>	<p><b>PROVIDED BY ORGANISERS IN YOUR RACE PACK.</b></p>



# MANDATORY GEAR



<p><b>Race Number</b></p>	<p><b>PROVIDED BY ORGANISERS IN YOUR RACE PACK.</b></p> <p>Must be worn on your front, over your stomach or chest and be visible at all times over the top of your outermost layer of clothing such as waterproof jacket, high-visibility vest or other garment (safety pins are also provided in your race pack).</p> <p>The race number must <b>NOT</b> be worn on your pants or leg.</p> <p>The race number has a single disposable timing tag already stuck to it's rear side. Do not fold, bend, cut or pierce the race number as you may damage the timing tag. It must be worn as is, unfolded.</p> <p>A recommended method of securing your race number is to use a race belt which allows you to easily have your number visible over the top of your outermost item of clothing. You will need to provide your own race belt if you choose to do this.</p>
---------------------------	--

