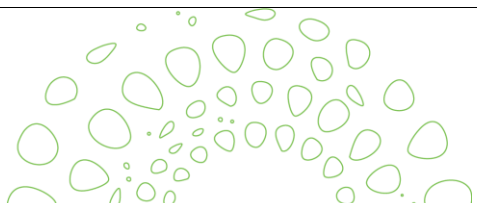


MANDATORY GEAR



Item	Description
<p>Long Sleeve Thermal Top (polypropylene, wool)</p>	<p>Cotton, Coolmax and lycra garments are NOT suitable. Compression garments and thermal compression garments are NOT 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 'Thermal Garment Requirements' for more information.</p>
<p>Long Leg Thermal Pants (polypropylene, wool)</p>	<p>Cotton, Coolmax and lycra garments are NOT suitable. Compression garments and thermal compression garments are NOT suitable. Compression garments may still be used in the race but they are in addition to your mandatory thermal pants and do not replace it. Refer to 'Thermal Garment Requirements' for more information.</p>
<p>Thermal Garment Requirements</p>	<p><u>Suitable garments:</u></p> <p>The mandatory long sleeve thermal top and long leg thermal pants 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. 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><u>Not suitable:</u></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>Waterproof and Breathable Jacket with Fully Taped (Not Critically Taped) Waterproof Seams and Hood</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>



MANDATORY GEAR



<p>Waterproof and Breathable Jacket with Fully Taped (Not Critically Taped) Waterproof Seams and Hood</p>	<p>Large mesh panels, even if covered by flaps are NOT 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/m²/25hrs however much lower ratings are completely acceptable.</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 NOT suitable.</p>
<p>Beanie, Balaclava, or Head Sock (Buff)</p>	<p>Beanie, Balaclava, or Head Sock (Buff)</p>
<p>Full-Fingered Lightweight Thermal Gloves (Polypropylene, Wool)</p>	<p>Full-Fingered Lightweight Thermal Gloves (Polypropylene or Wool)</p>
<p>High-Visibility Safety Vest that complies with Australian Standard AS/NZS 4602:1999 - D/N Class for Day and Night-time Wear</p>	<p>Vest must be made of a combination of retroreflective and fluorescent materials. This is not a running vest but a workwear vest.</p> <p>The vest must have either AS/NZS 4602:1999 or AS/NZS 4602:2010 or AS/NZS 4602.1:2011 as well as Class "D/N" on the tag.</p> <p>The vest must be clearly visible from both the front and back, even when wearing your backpack so you must have an oversized vest that covers your whole torso AND your backpack (your race number must still be visible on your front and over the top of your vest).</p> <p>Vests can be purchased at hardware stores, workwear stores.</p> <p>KosciMiler runners must carry the vest at ALL times.</p> <p>MUST BE WORN:</p> <ul style="list-style-type: none"> - From CP6 (Guthega Power Station Outbound) through to CP8 (Sawpit Creek) <ul style="list-style-type: none"> ■ Regardless of the time of day ■ Can be removed once at CP8 (Sawpit Creek) - From CP9 (Trout Hatchery Outbound) through CP11 (Trout Hatchery Inbound) <ul style="list-style-type: none"> ■ When running in this section at night from 08:00PM Friday – 06:00AM Saturday ■ Can be removed once at CP11 (Trout Hatchery Inbound) - If you have called for or are waiting for medical assistance on course – regardless of time of day.
<p>Headlamp</p>	<p>Test your headlamp on bush tracks at night prior to the event to make sure it provides enough light to both see the track and the course markings.</p> <p>Make sure batteries are new or fully charged and you have enough battery capacity / spare batteries.</p> <p>Waist lamps are NOT permitted as they will obscure your race number.</p>



MANDATORY GEAR



Small Backup Light	Sufficiently bright enough to see course markings while walking in case of headlamp failure.
Mobile Phone in Working Order Fully Charged Battery & working SIM Card	<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>
Compass	<p>Used only in the very unlikely event that you get lost.</p> <p>While we recommend a good quality compass such as the Silva Field 7, you can bring any compass as long as the magnetic needle will settle quickly and will point to magnetic North.</p> <p>A waterproof GPS enabled watch with compass function is allowed to be used as your compass as long as you can calibrate it, know how to use it and the battery will last for the full duration of your race.</p> <p>A smartphone compass is NOT acceptable as most smartphones are not waterproof and the batteries may be needed for making emergency calls.</p>
Whistle	Whistle
Emergency Space Blanket (or Light Bivvy Sack Equivalent)	Emergency Space Blanket (or Light Bivvy Sack Equivalent)
Compression Bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched)	<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>
Lightweight Dry Sack (or NEW Ziplock Bag)	This is to keep the compulsory clothing dry (multiple NEW Ziplock plastic bags work well for compressing your clothing and being able to see the item through the plastic; useful for random gear checks).
Water Bottles or Bladders (2 Litre Capacity)	Water Bottles or Bladders with a capacity to carry 2 Litres of water
Food Bars / Portions	You need to start each leg with 2 food portions and can eat these during the leg.
Ziplock Bag for Personal Rubbish	Ziplock Bag for Personal Rubbish



MANDATORY GEAR



<p>Long Leg Waterproof Pants*</p>	<p>Must be waterproof</p> <p>Does NOT require the same specs as the waterproof jacket, i.e. does not need taped seams, does not need to be breathable but does need to be durable.</p>
<p>100-Weight (Minimum) Long Sleeve Synthetic Fleece Top*</p>	<p>100-weight fleece is equivalent to 214gsm Polartec Fleece. Must NOT be made of wool as you will mostly need this item if it is wet and just above zero.</p>
<p>Participants Emergency Instructions Card</p>	<p>PROVIDED BY ORGANISERS IN YOUR RACE PACK.</p>
<p>Race Number</p>	<p>PROVIDED BY ORGANISERS IN YOUR RACE PACK.</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 NOT 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>
<p>Timing Tag for Backpack (Bag Tag)</p>	<p>PROVIDED BY ORGANISERS IN YOUR RACE PACK.</p> <p>This is a disposable timing tag which needs to be secured to the back of your running backpack (a cable tie is also provided in your race pack).</p> <p>Due to the bag tag, it is preferable not to swap backpacks during the event but if you plan to do so you will need to have your own side-cutters or scissors to cut the bag tag cable tie off the first backpack and your own spare cable tie / zip tie to attach the bag tag to your second backpack.</p>

***Weather Dependent Items – ruling to be made at 09:00AM Wednesday 6th December pre-race**

