T50

MANDATORY GEAR LIST

All athletes must carry the following mandatory gear at all times during the race. **No mandatory gear = no start!**

- ❒ **Thermal layer for torso** – long sleeved top made from quick-drying thermal fabric such as wool/polypropylene/merino. Cotton, coolmax, lycra and compression garments are not acceptable
- ❒ **Thermal layer for legs** – long leggings made from quick-drying thermal fabric such as wool/polypropylene/merino. Cotton, coolmax, lycra and compression garments are not acceptable
- ❒ **Thermal hat** – made from wool/polypropylene/merino (Buff® tubulars are accepted but must meet thermal requirements)
- ❒ **Thermal gloves** – made from wool/polypropylene/merino
- ❒ **Waterproof jacket** – MUST be seam-sealed/taped and have a hood (example here)
- ❒ **Headlamp** plus either: one set of spare new batteries, a second headlamp or a portable USB charger

Recommended, but not mandatory:

- ❒ A drinking cup or bottle, as it is a cupless race
- ❒ Your mobile phone and backup power in a waterproof container/zip lock bag