

MANDATORY GEAR



| ITEM | DESCRIPTION |
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| Long Sleeve Thermal Top (polypropylene, wool) | <p>Cotton, Coolmax and lycra garments are NOT suitable.</p> <p>Compression garments are NOT suitable.</p> <p>Compression garments may still be used in the race but they are in addition to your mandatory thermal top and do not replace it.</p> <p>Refer to 'Thermal Garment Requirements' for more information.</p> |
| Thermal Garment Requirements | <p>Suitable garments:</p> <p>The mandatory long sleeve thermal top and long leg thermal pants must be made of either a high performance synthetic fabric such as (Polartec, Power Dry, Polypropylene, etc) or merino.</p> <p>Not suitable:</p> <p>Compression garments do not constitute thermal garments as they are made mainly from Lycra and do not provide the necessary thermal properties required for this mandatory gear item.</p> <p>Cotton is unsuitable as it absorbs water, holding moisture against the wearer's skin, and takes too long to dry.</p> |
| Waterproof and Breathable Jacket with Fully Taped (Not Critically Taped) Waterproof Seams and Hood | <p>The breathability must be provided by the material itself and not exclusively by mesh. A waterproof / breathable jacket is required. A water-resistant jacket is NOT accepted.</p> <p>Waterproof items offer complete water protection, for extended period of time, whilst water-resistant item provide only partial, limited water protection.</p> <p>The hood must be integrated into the jacket. Removable hoods are NOT acceptable.</p> <p>The waterproof jacket must have all internal seams taped (seam sealed). Partial seam sealing (where not all internal seams are tape sealed) are NOT acceptable.</p> <p>The garment must also be breathable – this is achieved by the jackets fabric allows moisture vapour (sweat) to escape the fabric itself, and not via flaps or vents.</p> <p>Pit zips (underarm zips in waterproof / breathable jackets) are acceptable.</p> <p>The jacket must fit you.</p> <p>Plastic rain ponchos, wind jackets, water resistant jackets are NOT suitable.</p> |
| Beanie, Balaclava, or Head Sock (Buff) | Beanie, Balaclava, or Head Sock (Buff) |



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| Mobile Phone | <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>Runners will NOT have access to WiFi while out on course.</p> <p>Phone must be fully charged and last for the duration of your race.</p> <p>It is recommended to carry a small portable charging pack to ensure you can charge your phone during your race.</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> |
| 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> |
| Water Bottles or Bladders (2 Litre Capacity) | <p>Sealed, resealable container(s) – designed for hydration (water bottles or bladders) with a capacity to carry 2 Litres of water.</p> <p>Ziplock/plastic bags are NOT allowed to be used for meeting this requirement.</p> |
| 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 |
| Participants Emergency Instructions Card | PROVIDED BY ORGANISERS IN YOUR RACE PACK. |



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Race Number (Bib)

PROVIDED BY ORGANISERS IN YOUR RACE PACK.

Must be worn on your **front**, 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).

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.**

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.

