

MANDATORY GEAR



ITEM	DESCRIPTION
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 don't meet this requirement.</p> <p>Refer to 'Thermal Garment Requirements' for more information.</p>
Long Leg Thermal Pants (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 don't meet this requirement.</p> <p>Refer to 'Thermal Garment Requirements' for more information.</p>
Thermal Garment Requirements	<p><u>Suitable garments:</u> 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><u>Not suitable:</u> 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 Breathable Jacket with Fully Taped (Not Critically/Partially Taped) Waterproof Seams and Hood	<p>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>



MANDATORY GEAR



Beanie, Balaclava, or Head Sock (Buff)	Beanie, Balaclava, or Head Sock (Buff)
Full-Fingered Lightweight Thermal Gloves (Polypropylene, Wool)	Full-Fingered Lightweight Thermal Gloves (Polypropylene or Wool)
High-Visibility Safety Vest that complies with Australian Standard AS/NZS 4602:1999 - D/N Class for Day and Night-time Wear	<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>
Headlamp	<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> <p>Lights/torches on Smartwatches or mobile phones do NOT replace the headlamp requirements.</p>
Small Backup Light	Sufficiently bright enough to see course markings while walking in case of headlamp failure.
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>



MANDATORY GEAR



Compass	<p>Used only in the very unlikely event that you get lost.</p> <p>While we recommend a good quality compass, 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</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)	<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
Long Leg Waterproof Pants*	Must be waterproof and fully seam sealed. They are not required to be breathable.
100-Weight (Minimum) Long Sleeve Synthetic Fleece Top*	100-weight synthetic fleece is appropriate. Must NOT be made of wool.
Participants Emergency Instructions Card	PROVIDED BY ORGANISERS IN YOUR RACE PACK.



MANDATORY GEAR



Race Number (Bib)	<p>PROVIDED BY ORGANISERS IN YOUR RACE PACK.</p> <p>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).</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>
Timing Tag for Backpack (Bag Tag)	<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 26th
November pre-race

