













MANDATORY GEAR

Item	Description	Example photo	68km Ultra Relay (all runners) and Solo	27km Mountain Run	Vertical Kilometre	Provided by event?
Waterproof jacket	Waterproof and Breathable hooded jacket with fully taped waterproof seams – eg, Goretex or similar		✓	✓	✓	✗
Waterproof over trousers	Any waterproof over trousers made of robust material		✓	✗	✗	✗
Long Sleeve Thermal Top	Polypropylene or wool thermal baselayer. Any other materials are not suitable, eg cotton, coolmax, lycra		✓ 220 weight (g/m2) or winter/mid weight minimum	✓	✗	✗
Thermal long johns (full leg)	Polypropylene or wool thermal baselayer. Any other materials are not suitable, eg cotton, coolmax, lycra		✓	✗	✗	✗
Beanie	Wool, polypropylene, or neoprene Beanie – not a Head Sock (Buff)		✓	 recommended	✗	✗












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Gloves	Gloves that maintain warmth when wet and are dexterous enough to open a ziplock bag – eg, quality outdoor gloves, neoprene kayaking gloves		✓		✗	✗
Headtorch	Minimum 300 lumens. Fully charged and battery able to last at least 6hrs or take spare batteries. Battery will be checked at the finish line. Body mounted torch acceptable if has a purpose built harness/belt.		✓	✗	✗	✗
Mobile smart phone	With avenza maps app installed. Must be fully charged at start of the race and battery be able to last the full duration of your run with whatever apps you are running. Your phone will be checked for battery life at the finish line. Take an external battery pack if required, consider running on airplane mode, or can charge at an aid station if required.		✓	✓	✓	✗
Compass	Any compass as long as the magnetic needle will settle quickly and will point to magnetic North. 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. A smartphone compass is not acceptable as most smartphones are not waterproof and the batteries may be needed for making emergency calls.		✓	✗	✗	✗
Whistle	A pea-less whistle. Comes as standard with most trail running vests.		✓	✓	✓	✗





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Reflective safety vest	A vest with reflective tape at least 40mm wide on front and back at waist and shoulders. Must be big enough to be worn over your running vest		✓	✗	✗	✗
Survival Bag	Reflective survival bag or bivvy sack with taped seams. A space blanket is not suitable – must be a bag.		✓	✓	✓	✗
Compression Bandage	7.5cm Wide x 2.3m Long – for snake bite treatment and sprains, etc.		✓	✓	✓	✗
Dry sack	Lightweight Dry Sack or heavy duty ziplock bag to keep mandatory clothing dry		✓	✓	✗	✗
Water Bottles or Bladders	Ability to carry water		✓ 2L solo 1L relay	✓ 1L	✗	✗
Energy food	Muesli bars, lollies, nuts, gels, etc. Can be eaten on the run		✓ 3,000kJ	 2,000kJ	✗	✗
Rubbish	Ziplock bag or dedicated and accessible zipper pocket for rubbish		✓	✓	✓	✗
Electronic course map	Downloaded on to Avenza maps app (or similar which shows your GPS location on the map) on your smart phone		✓	✓	✗	✓



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Course map	Printed waterproof course map is A3		✓	✓	✓ emergency procedures only	✓
Race Number and Emergency Instructions	<p>Must be worn on your front, over your belly 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). Do not fold, bend, cut or pierce the race number. One race number is provided per relay team. The same race number must be used by each runner. A race belt will be provided for each relay team</p> <p>Emergency instructions will be printed on the back of the race number</p>		✓	✓	✓	✓