

MANDATORY GEAR 2025

Are you asking yourself: *why...!?* Why do I have to take all this gear!?

Well, if we're lucky enough to have good weather conditions, and if you and the runners around you have no issues, you won't be taking any of this out of your run vest – and yeah, that could feel a little frustrating...















BUT, if we have cold, windy, wet, and/or snow and ice weather conditions (yes, all of the above can and do happen in Tasmania in March! Check out: <https://www.youtube.com/watch?v=TTBfRftPTCE>), or if you or a runner around you has an injury that requires slowing to a walk or even stopping to wait for a rescue (which could be in the exposed alpine zone with windchill perhaps at minus 10 degrees), then you will be thinking that this list is barely enough gear – and that is true, this list is the minimum mandatory gear required to survive in the potential weather conditions whilst you wait for a rescue. You should survive ok, but you will not be comfortable!

But when do I use the mandatory gear? As soon as you are getting wet and/or cold, or are about to. If you are unable to continue and need a rescue, or are taking care of someone who is waiting for a rescue, take off your wet clothes, put on all your mandatory gear, try to sit/lay on something that isn't going to suck the heat out of you, and get in the emergency bag.

Friendly reminder - you are required to be self sufficient between aid stations which often can be remote with no vehicle access. Trail running can be a dangerous activity even if you are fit and prepared, and especially if you are unfit, unprepared, dehydrated, low on energy, do not use mandatory gear when you should, or do not adhere to run organiser team instructions










Take care of yourself and your fellow runners out on course!

* ADVERSE WEATHER – KMR organisers will advise by 7pm the night before if the adverse weather gear is required.

Item	Description	Example photo	Ultra Relay (all runners) and Ultra Solo (66km)	Alpine Marathon (46km)	Mountain Run & Mountain Walk (25km)	Foothills (9km)	Vertical Downhill (9km)
Waterproof jacket	Waterproof and Breathable hooded jacket with fully taped waterproof seams – eg, Goretex or similar		✓	✓	✓	Recommended if adverse weather	✓ If adverse weather*
Waterproof over trousers	Any waterproof over trousers made of robust material		✓ If adverse weather*	✓ If adverse weather*	✗	✗	✗
Long Sleeve Thermal Top	Thermal baselayer (eg, merino, polypropylene) which the manufacturer's online product description clearly states is to perform as a thermal. Non-thermal materials eg, Cotton, coolmax, lycra, are not acceptable		✓	✓	✓ If adverse weather*	Recommended if adverse weather	✓ If adverse weather*
Thermal long johns (full leg)	Thermal baselayer (eg, merino, polypropylene) which the manufacturer's online product description clearly states is to perform as a thermal. Non-thermal materials eg, Cotton, coolmax, lycra, are not acceptable		✓ If adverse weather*	✓ If adverse weather*	✗	✗	✗
Beanie	Thermal Beanie – not a Head Sock (Buff)		✓ If adverse weather*	✓ If adverse weather*	Recommended if adverse weather	✗	Recommended if adverse weather
Gloves	Gloves that maintain warmth when wet and are dexterous enough to open a ziplock bag – eg, quality outdoor gloves, neoprene kayaking gloves		✓ If adverse weather*	✓ If adverse weather*	Recommended if adverse weather	✗	Recommended if adverse weather
Headtorch	Minimum 300 lumens. Fully charged and battery able to last at least 6hrs or take spare batteries. Body mounted torch acceptable if has a purpose built harness/belt.		✓	✓	Recommended for walkers	✗	✗
Mobile smart phone	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. If you become lost or are travelling very slowly, are injured, or may require assistance for any reason, turn your phone on immediately.		✓	✓	✓	✓	✓
Digital Course Map - Avenza	The Avenza app must be installed on your phone and your run course map downloaded. Just snap the relevant QR code and follow the prompts (download the app and hit the big green "FREE" button)		✓ 	✓ 	✓ 	✓ 	✓ 



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Whistle	A pea-less whistle. Comes as standard with most trail running vests.		✓	✓	✓	recommended	✓
Reflective safety vest	A Hi Vis safety vest with reflective tape of AS/NZS 4602 standard for Day/Night use. Must be big enough to be worn over your running vest. To be worn at night or when running on road in low visibility.		✓	✓	✗	✗	✗
Survival Bag	A reflective foil survival bag. A space blanket is not suitable - must be a bag.		✓	✓	✓	✗	✓
Snake Bandage	A roller bandage which the manufacturer clearly states is for the purposes of snake bite treatment. Otherwise, a 7.5cm wide x 2.3m long compression bandage - can also use for sprains, etc. How to treat snake bite video - PLEASE WATCH: https://www.youtube.com/watch?v=acnGPNmmOlw		✓	✓	✓	✗	✓
Dry sack	Lightweight dry sack or heavy duty ziplock bag to keep mandatory thermal clothing dry		✓	✓	✓ If adverse weather*	✗	✗
Water Bottles or Bladders	Ability to carry water - minimum 1L		✓ Recommend 2L if hot day	✓ Recommend 2L if hot day	✓	recommended	recommended
Energy food	Muesli bars, lollies, nuts, gels, etc. Can be eaten on the run		✓ 3,000kJ	✓ 3,000kJ	✓ 2,000kJ	recommended	recommended
Rubbish bag	Ziplock bag or dedicated and accessible zipper pocket for rubbish		✓	✓	✓	Recommended if taking food in wrappers	Recommended if taking food in wrappers
Race Number and Emergency Instructions	<i>PROVIDED BY KMR</i> - Must be worn on your front, over your shorts, 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). One race number is provided per relay team. The same race number must be used by each runner. A tri/race belt is the easiest way to swap the bib between runners, and your timing chip can also be affixed to it. Emergency instructions will be printed on the back of the race number		✓	✓	✓	✓	✓
Timing chip	<i>PROVIDED BY KMR</i> - A small and light plastic timing chip on a Velcro band that can attach to your wrist, ankle, vest, or a relay belt.		✓	✓	✓	✓	✓