MANDATORY GEAR 2024

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	Mountain Run (25km)	Foothills (9km)	Vertical Kilometre
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*	✘	✘	✘
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*	✘	✘	✘
Beanie	Thermal Beanie – not a Head Sock (Buff)		✔ 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*	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.		✔	✘	✘	✘
Mobile smart phone	With Capra 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. *If you become lost or are travelling very slowly, are injured, or may require assistance for any reason, turn your phone on immediately.*		✔	✔	✔	✔
Whistle	A pea-less whistle. Comes as standard with most trail running vests.		✔	✔	recommended	✔

Item	Description	Example photo	Ultra Relay (all runners) and Ultra Solo	Mountain Run (25km)	Foothills (9km)	Vertical Kilometre
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	✔	recommended	recommended
Energy food	Muesli bars, lollies, nuts, gels, etc. Can be eaten on the run		✔ 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
Electronic course map	*PROVIDED BY kMR* – The Capra app on your smart phone with kMR collection saved and explored – *see instructions below.*		✔	✔	✔	✘ N/A
Race Number and Emergency Instructions	*PROVIDED BY kMR* - 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	199 LINCOLN	✔	✔	✔	✔
Timing chip	*PROVIDED BY kMR* - A small and light plastic timing chip on a Velcro band that can attach to your wrist, ankle, vest, or a relay belt.		✔	✔	✔	✔

∗ ADVERSE WEATHER – kMR organisers will advise by 7pm the night before, if the adverse weather gear is required

CAPRA 101

CAPRA

Capra is a free mobile app available in both app stores. Capra is used by teams to better communicate important event information and provide highly detailed maps that can be used offline by event participants and staff.

Click through to the kMR collection on Capra!

How to use the Capra app for kMR

1. Save the kMR 'Collection' to your library screen in the app. This makes it easy for you to quickly access all the information for each race and relay leg.
2. Turn on 'Send me Alerts' in the route or collection menu to receive notifications specific to that event.
3. Individual courses and map 'pins' can be bookmarked for quick access via the Bookmarks screen. This is especially useful if you want support crew to focus on a particular point on the map.
4. Event collections are a great way to check out pre-arrival information such as parking, road closures and where the event village is located.
5. Capra maps provide excellent detail even if offline but **make sure you've looked at your race map before you set off as the app stores the map detail automatically for use offline.** Mandatory gear check is a great time to ensure you've looked at your race map.

6. If you have an emergency tap the 'life ring' on the map to give you your exact lat/long details which can be shared easily if you have even a small amount of signal.
7. You can close the app and put your phone away, e.g. when you're racing, and when you pull it out the app will open to the screen you were on making it battery efficient to use as back up in a race.
8. Each race / relay leg map can be shared easily with friends and support crew via the menu option.
9. The app does not record your activity so there is nothing to start or stop.
10. The event collection also pinpoints event partners the team would love you to support when you're in town and on the event weekend.

Please make sure you are familiar with the app before event day. If you have any questions as to how to setup your phone for event day please contact us well in advance of race week or ask a teenage