



### **Mandatory Gear (70km only)**

The below mandatory gear list is a requirements to run on race day. If you are missing items at check-in, you will not be allowed to run.

- Water-proof (taped seams) jacket with hood
- Thermal long-sleeved top (can be worn from start)
- Emergency space blanket
- Mobile phone (with RD's number in directory: Joe 0417 980 424)
- Capacity to carry at least 1 litre of water
- Course map (file to be supplied – print and bring either laminated or in waterproof map case) there is a basic, rough map supplied at rego. But recommendation is to download the area map onto the free Avenza Maps or Maps.me app, which means you can never get lost, even without phone signal).
- Compass
- Whistle
- 1,000kj of spare food (beyond planned nutrition)
- Torch or headlamp (only required if leaving O'Briens Crossing after 3:30pm)

### **Extreme Wet/Cold Gear**

Extreme gear is additional to Mandatory gear and we will notify on the morning if required (so please bring up with you in case):

- Thermal pants (can be worn from start)
- Beanie/Balaclava
- Gloves

(Please note: in 2018 due to harsh conditions the 40km entrants were required to carry all mandatory gear also)