



OLDENBURGIA TRAIL RUN COMPULSORY GEAR LIST

Runners are required to have the following with them at all times along the route:

1. A small waist/back pack to carry two drinking bottles or a bladder (minimum of 1 litre capacity)
2. Emergency whistle
3. Fully charged mobile phone (keep in flight mode or switch off to conserve battery)
4. Full waterproof jacket (taped seams & hood)
5. Long sleeve mid layer/fleece
6. Buff/beanie
7. Compression bandage/strapping
8. Space blanket
9. Reusable/plastic cup - no cup, no race
10. Torch/headlamp & 1 set of fresh batteries (1 in the torch/headlamp, and 1 spare)
11. Medical info card (provided in your race pack) — should a medic have to treat you in an emergency out on the course, having your basic medical information on hand (blood type, allergies, medical aid no, emergency contact) is essential.
Keep this in a ziploc bag in your pack

You will be required to have all these items at registration. We will make a call on the day regarding what the final list of carried items will be, based on prevailing weather conditions at the time.

