



COMPULSORY GEAR

BY DISTANCE

50KM

- ☐  Hydration pack/waist pack (min 1L capacity)
- ☐  Emergency whistle
- ☐  Fully charged mobile phone (flight mode recommended)
- ☐  Waterproof jacket (taped seams & hood)
- ☐  Long sleeve mid layer / fleece
- ☐  Buff or beanie
- ☐  Compression bandage / strapping
- ☐  Space blanket
- ☐  Reusable cup (no cup, no race)
- ☐  Torch / headlamp
- ☐  Spare batteries (1 in torch + 1 spare)

30KM

- ☐  Hydration pack/waist pack (min 1L capacity)
- ☐  Emergency whistle
- ☐  Fully charged mobile phone (flight mode recommended)
- ☐  Waterproof jacket (taped seams & hood)
- ☐  Buff or beanie
- ☐  Compression bandage / strapping
- ☐  Space blanket
- ☐  Reusable cup (no cup, no race)

17KM

- ☐  Hydration pack/waist pack (min 500ml capacity)
- ☐  Emergency whistle
- ☐  Fully charged mobile phone (flight mode recommended)
- ☐  Space blanket



IMPORTANT

- All compulsory gear must be presented at registration, we will check upon registration.
- We have the right to do random checks during the race, remember it is our main priority to keep you safe.
- A 15min time penalty may be given per missing item from the compulsory kit list.
- Final gear requirements may be adjusted based on race-day weather conditions.