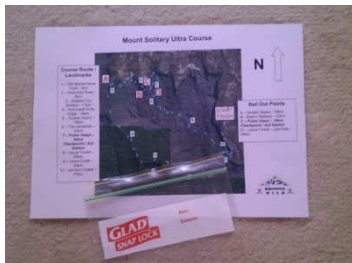




## MANDATORY EQUIPMENT

This course is over isolated trails with limited aid. Runners should expect to take 3-5 hours to complete the first portion of the course from the start to the Furber Steps Aid Station. It will be the runner's responsibility to ensure they are carrying sufficient food and water for this part of the course to match their ability. Runners will be required to submit the mobile phone number that they will be carrying on the course. Mandatory items are:

- Course Map (PDF link to be provided soon) covered in contact or clip seal bag



- Waterproof Jacket with attached hood



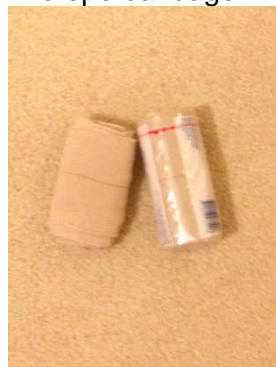
- Sufficient food for 3-5hrs on the course



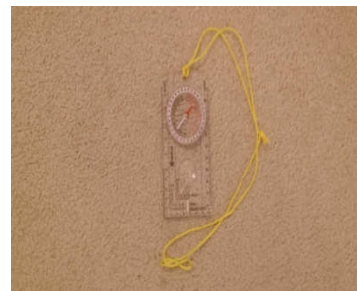
- Mobile Phone (Recommended Telstra Next G coverage)



- Compression Bandage suitable for treatment of snake bite - NOT a standard crepe bandage.



- Compass – Can be any compass that is not battery operated - no phones.



**PLEASE NOTE MANDATORY GEAR SUBJECT TO CHANGE**



Minimum 2 litres of fluids



Whistle



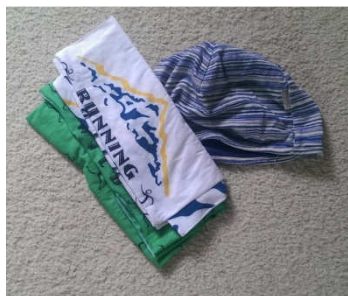
Full fingered gloves



Space Blanket



Beanie or Buff



**PLEASE NOTE MANDATORY GEAR SUBJECT TO CHANGE**



## SUPPLEMENTARY ADVERSE CONDITIONS - THERMALS

Should there be adverse weather conditions, runners will be required to carry additional items. The Race Director will make an announcement on race morning if these are needed or not. Ignorance will not be considered as an excuse not to have this gear on the day. Supplementary Adverse Conditions gear are:

*Please note Thermals are polypropylene, wool or similar. Cotton, coolmax, lycra and any compression garment will not be sufficient even if the compression garment is called a "thermal compression garment".*

Thermal Top



Thermal Pants



**PLEASE NOTE MANDATORY GEAR SUBJECT TO CHANGE**