



MANDATORY EQUIPMENT

This course will be completed 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:

- Minimum 2 litres of fluids



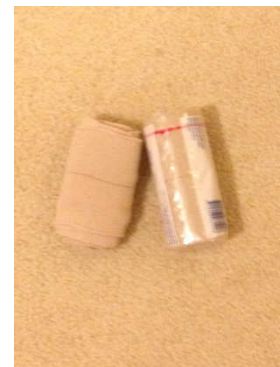
- Sufficient food for 3-5hrs on the course



- Waterproof Jacket with attached hood



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



- Mobile Phone (Recommended Telstra Next G coverage)



- Whistle





SUPPLEMENTARY ADVERSE CONDITIONS - MANDATORY EQUIPMENT

Should there be adverse weather conditions, runners will be required to carry additional items. The Race Director will notify runners by email 24-48hrs prior to the race start if these items are required. In addition, runners must bring these items to the start to cover for a sudden change in weather.

Cold/Wet weather mandatory gear includes:

- Thermal Top – COMPRESSION GEAR
NOT CONSIDERED THERMAL



- Thermal Pants– COMPRESSION GEAR
NOT CONSIDERED THERMAL



- Beanie



- Full fingered gloves



- Space Blanket

