

ULTRA RUN

MANDATORY GEAR CHECKLIST

All competitors must carry the following mandatory gear at all times during race day. No mandatory gear = no start!

- Topo Maps & Map Case – *Topo Maps of Area (Topo50 map CB11 & CB12) - can be a smartphone app and case can be a ziplock*
- Compass – *Can be a smartphone app*
- First Aid Kit: Your first aid kit must include the following:*
 - 5m x 2cm strapping tape*
 - 1.5m x 5cm crepe bandage*
 - Triangular bandage*
 - 10 Plasters*
 - 5 x 75mm x75mm gauze swabs*
 - Pocket knife or small scissors*
- Personal Locator Beacon or tracker – *item will be provided at registration. You will be required to sign a waiver for it and carry it, even if you have your own.*
- Bad Weather Exit Routes – *These are available on the event website and will be printed on the reverse of your race number to be collected at registration.*
- Base Layer for Torso – *A technical t-shirt made of quick-drying fabric such as wool or polypropylene. We do not recommend cotton fabrics.*
Men's Macpac Option Women's Macpac Option
- Thermal Layers for Torso & Legs – *A long sleeved top and leggings made from quick-drying thermal fabric such as Merino or polypropylene. Cotton, Coolmax, Lycra and Compression garments are not acceptable.*
Men's Macpac Torso Option Women's Macpac Torso Option
Men's Macpac Legging Option Women's Macpac Legging Option
- Waterproof Jacket – *Seam sealed with hood, minimum 10,000mm rating*
Men's Macpac Option Women's Macpac Option
- Warm Hat & Gloves – *wool, polypropylene or merino.*
Macpac Hat Macpac Gloves
- Survival Bag or Bivvy Bag – *to help keep you warm if you are injured or benighted; a survival blanket only is not sufficient.*
Macpac Option
- Headlamp, Spare NEW Batteries, Toilet Paper & Whistle
Macpac Headlamp Macpac Whistle
- Dry Sack – *to keep your compulsory gear dry (ziplock bags are adequate)*
Macpac Dry Sack
- Water – *You must carry at least 2 litres of water (present bladder or similar at gear check)*
Macpac Option
- Food – *You must carry enough food for 24 hours. Items are not required at gear check.*

RECOMMENDED GEAR

The following items are recommended and are not required at the gear check:

- Personal medications you may need
- Electrolyte replacement powder for cramps (e.g. Gastrolyte), pain relief medication for headaches
- Gaiters, gloves and anti-histamines for extra protection against spiky grasses and bushes
- Waterproof pants
Men's Macpac Option Women's Macpac Option
- 100 weight or similar long sleeve fleece top for cold weather conditions
Men's Macpac Option Women's Macpac Option
- Mini crampons – *for icy conditions and steep descents*
- One collapsible hiking pole for ascents and descents
- Vaseline/Chafe Ease for hot spots/chafing
- Two pairs of socks, duct tape or blister repair kit for blisters
Macpac Option
- Trimmed toe nails for added comfort on descents