

# OFF-ROAD MARATHON

## MANDATORY GEAR CHECKLIST

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

- Base Torso Layer – *A technical t-shirt made of quick-drying fabric such as wool or polypropylene. Cotton, Coolmax, Lycra and compression garments are not recommended.*  
*Men's Macpac Option Women's Macpac Option*
- Thermal Torso Layer – *A long sleeved top made from a warm quick-drying fabric such as wool or polypropylene. Cotton, Coolmax, Lycra and compression garments are not recommended.*  
*Men's Macpac Option Women's Macpac Option*
- Waterproof Jacket – *Seam sealed with a minimum of 10,000mm waterproofing*  
*Men's Macpac Option Women's Macpac Option*
- Warm Hat – *Only compulsory if your jacket has no hood.*  
*Macpac Option*
- Personal First Aid Kit: *including bandages, plasters, tape, gauze, whistle and survival blanket. We also recommend carrying pain relief medication (e.g. Panadol) for headaches and electrolyte replacement powder (e.g. Gastrolyte) for cramps, along with other medications you might need (e.g. prescription or hay fever medication).*  
*Macpac Whistle*  
*Macpac Survival Bag*

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## RECOMMENDED GEAR

The following items are recommended but not mandatory:

- Warm Tights – *we recommend wool or polypropylene tights*  
*Men's Macpac Option Women's Macpac Option*
- Quick Dry Shorts – *recommended for added comfort!*  
*Men's Macpac Option Women's Macpac Option*
- Full Fingered Gloves – *we recommend wool or polypropylene gloves.*  
*Macpac Option*