



MACPAC MOTATAPU 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.
- 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.
- Waterproof Jacket** – Seam sealed with a minimum of 10,000mm waterproofing.
- Warm Hat** – Only mandatory if your jacket has no hood.
- Personal First Aid Kit** – including bandages, plasters, tape, gauze, whistle and survival blanket. Any prescription medications you might need (e.g. prescription for hay fever). We also recommend carrying pain relief medication (e.g. Panadol).
- Drink bottle / bladder** – Something to carry water on the run; bottle, bladder or cup. You should be self-sufficient in your fluid requirements and not rely on aid station supplies.

RECOMMENDED GEAR

The following items are recommended but not mandatory:

- Warm Tights** – we recommend wool or polypropylene.
- Quick Dry Shorts** – for added comfort!
- Full Fingered Gloves** – we recommend wool or polypropylene.



Check out your nearest Macpac store or jump online www.macpac.co.nz to find the best kit for training and racing. If you're unsure about your gear requirements head into your local Macpac store for help and advice.

Gear in great condition helps ensure you'll have a great day!