



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 Eyre Tee
Women's Macpac Eyre Tee
- 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 Geothermal L/S
Women's Macpac Geothermal L/S
- Waterproof Jacket – *Seam sealed with a minimum of 10,000mm waterproofing*
Men's Macpac Tempo Pertex
Women's Tempo Pertex
- Warm Hat – *Only compulsory if your jacket has no hood.*
Macpac Merino Beanie
- 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

RECOMMENDED GEAR

The following items are recommended but not mandatory:

- Warm Tights – *we recommend wool or polypropylene tights*
Men's Macpac Geothermal Pants
Women's Macpac Geothermal Pants
- Quick Dry Shorts – *recommended for added comfort!*
Men's Macpac Caples Trail Short *Women's Macpac Caples Trail Short*
- Full Fingered Gloves – *we recommend wool or polypropylene gloves.*
Macpac Merino Glove

 Shop the best kit for race day & training at Macpac