

# ULTRA RUN



## MANDATORY GEAR CHECKLIST

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

**Teams** - Please note you only need one set of items in italics below per team. All other items must be carried by both team members.

**Solo** - All items are compulsory for Solo competitors.

- Topo Maps & Map Case** – *Topo50 map CB11 & CB12 (case can be a ziplock)*
- Compass** – *Can be a smartphone app (Macpac Option)*
- First Aid Kit**: Your first aid kit must include the following:
  - 5m x 2cm strapping tape
  - 15m x 5cm crepe bandage
  - Triangular bandage
  - 10 Plasters
  - 5 x 75mm x 75mm gauze swabs
  - Pocket knife or small scissors
- Personal Locator Beacon** – *one PLB will be provided to each team and solo competitor 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: Macpac Recommended 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 Water Bag:*
- Food\*** – you must carry enough food for 24 hours

---

## 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 per person for ascents and descents*
- Vaseline/Chafe Ease for hot spots/chafing*
- Two pairs of socks, duct tape or blister repair kit for blisters*  
*Macpac Recommended Socks:*
- Trimmed toe nails for added comfort on descents*