
MOUNTAIN BIKE

MANDATORY GEAR CHECKLIST

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

- BaseTorso 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:
 - ThermalTorso Layer** – A long sleeved top made from a warm quick-drying fabric such as merino 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:
 - Personal FirstAid 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*
 - BikeTool Kit:** Must contain two spare tubes, a bike pump, a multi-tool, tyre levers, patch kit and a chain breaker (that you know how to use). A speed link/spare chain link is also useful.
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RECOMMENDED GEAR

The following items are recommended but not mandatory:

- Padded cycle shorts – recommended for added comfort*
- Warm tights – we recommend wool or polypropylene tights*
Macpac Recommended Option
- Full fingered gloves*
Macpac Option:
- Warm hat – we recommend a skull hat for under your helmet*
Macpac Recommended Warm Hat