



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.
[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 Macpac Tempo Pertex](#)
- Warm Hat** – Only mandatory if your jacket has no hood.
[Macpac Merino Beanie](#)
- 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).
[Macpac Whistle](#)
[Macpac Survival Bag](#)
- 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.
[Men's Macpac Geothermal Pants](#) [Women's Macpac Geothermal Pants](#)
- Quick Dry Shorts** – for added comfort!
[Men's Macpac Fast Track Shorts](#) [Women's Macpac Fast Track Shorts](#)
- Full Fingered Gloves** – we recommend wool or polypropylene.
[Macpac Merino Glove](#)

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