

MOTATAPU

ULTRA RUN



MANDATORY GEAR CHECKLIST

All competitors must carry the following mandatory gear at all times during race day.

No mandatory gear = no start!

- Topo Maps & Map Case** – Topo maps of course (Topo50 map CB11 & CB12) - can be a smartphone app and case can be a ziplock.
- Compass** – Can be a smartphone app
- First Aid Kit:** Must include the following:
 - 5m x 2cm strapping tape
 - 1.5m x 5cm crepe bandage
 - Triangular bandage
 - 10 Plasters
 - 5 x 75mm x75mm gauze swabs
 - Pocket knife or small scissors
 - Any prescription medications you might need (e.g. prescription for hay fever).
- Headlamp** – with spare batteries
[Macpac Head Torches](#)
- Toilet paper**
- Whistle** – [Macpac Whistle](#)
- Bad Weather Exit Routes**– 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 Eyre Tee](#) [Women's Eyre Tee](#)
- 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 Geothermal L/S](#) [Women's Geothermal L/S](#)
[Men's Geothermal Pants](#) [Women's Geothermal Pants](#)
- Waterproof Jacket** – Seam sealed with hood, minimum 10,000mm rating.
[Men's Macpac Tempo Pertex](#) [Women's Macpac Tempo Pertex](#)
- Warm Hat** - wool, polypropylene or merino.
[Macpac Merino Beanie](#)
- Gloves**– wool, polypropylene or merino.
[Macpac Merino Gloves](#)
- Survival Bag or Bivvy Bag**– to help keep you warm if you are injured or benighted; a survival blanket only is not sufficient.
- Dry Sack**– to keep your mandatory 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 Hydration Reservoir](#)
- Food**– You must carry enough food for 24 hours. Items are not required at gear check.

RECOMMENDED GEAR

- Electrolyte replacement.
- Pain relief medication (e.g. Panadol).
- Gaiters, gloves and anti-histamines for extra protection against spiky grasses and bushes.
- Waterproof pants.
[Men's Macpac Nazomi Pertex Pant](#)
[Women's Macpac Nazomi Pertex Pant](#)
- Mini crampons – for icy conditions and steep descents.
- The following items are recommended and are not required at the gear check:
 - 100 weight or similar long sleeve fleece top for cold weather conditions.
[Men's Macpac Nitro Polartec](#)
[Women's Macpac Nitro Polartec](#)
 - One collapsible hiking pole for ascents and descents.
 - Vaseline for hot spots/chafing.
 - Two pairs of socks, duct tape or blister repair kit for blisters.
[Macpac Merino Blend Trail Crew](#)
 - Trimmed toe nails for added comfort on descents.