

TRAIL MARATHON

MANDATORY GEAR



Athletes must carry the following items at all times during the event. **This is the minimum requirement.** If you have an injury and need to remain in one place, especially in poor conditions for an extended period of time, you will need all of these items. Items marked with an asterisk (*) are in addition to what is being worn when starting and must be kept dry in your pack, i.e. sealed in a ziplock bag. Organisers reserve the right to amend mandatory gear requirements due to safety or other factors. **No mandatory gear = no start!**

○ **Long-Sleeve Thermal Top***

Long-sleeved top made from a warm quick-drying fabric such as wool or polypropylene. Cotton, Coolmax, Lycra, and compression garments are not acceptable.

○ **Waterproof Jacket**

Seam-sealed and of durable construction. Hood is highly recommended.

○ **Thermal Hat**

Wool or polypropylene.

○ **Full Fingered Thermal Gloves**

Wool or polypropylene.

○ **Survival Bag**

Bag NOT blanket.

○ **First Aid Kit**

Including bandages, plasters, tape, gauze. Any prescription medications you might need (e.g. prescription for hay fever).

○ **Whistle**

Attached to the outside of your pack.

○ **Food & Drink**

You should be self-sufficient in your food & fluid requirements and not rely on aid station supplies.

○ **Drink Bottle/Bladder**

Drink bottle/bladder – Something to carry water; bottle, bladder, or cup.

○ **Backpack**

Must be large enough to fit all mandatory gear. Recommended volume 12L+.

COLD WEATHER KIT

The following will be required if the weather forecast is looking unfavourable. Athletes will be advised prior to registration whether or not these items are mandatory.

○ **Full-Length Thermal Pants***

Wool or polypropylene.

○ **Waterproof Pants**

Seam-sealed and constructed of durable material.

○ **Long-Sleeve Mid-Layer Top***

Fabric must have insulation properties i.e. fleece or similar. This must be a heavier-weight garment than the Long-Sleeve Thermal Top.

RECOMMENDED ITEMS

The following items are recommended, not mandatory.

○ Sunscreen

○ Sun hat

○ Sunglasses

○ Chaffing cream

○ PLB, inReach or similar