

# 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, Lycra, and compression garments are not acceptable.

#### *Product Suggestion*

*Rab Syncrino Base LS Tee [Womens & Mens](#)*

### ○ Waterproof Jacket

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

#### *Product Suggestions*

*Rab Firewall Light [Womens & Mens](#)*

*Rab Phantom Pull-on [Womens & Men](#)*

*Rab Arc Eco [Womens & Mens](#)*

*ASICS Fujitrail [Womens](#)*

*ASICS Metarun [Womens & Mens](#)*

### ○ Thermal Hat

Wool or polypropylene.

#### *Product Suggestion*

*Rab Filament Beanie*

### ○ Full Fingered Thermal Gloves

Wool or polypropylene.

#### *Product Suggestion*

*Rab Power Stretch Pro Glove [Womens & Men](#)*

### ○ First Aid Kit

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

### ○ Survival Bag

Bag NOT blanket.

### ○ 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+.

#### *Product Suggestions*

*Rab Veil 12L [Lightweight Running Vest](#)*

*Rab Aeon 12L [Lightweight Pack](#)*

## 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.

#### *Product Suggestion*

*Rab Syncrino Leggings [Womens & Mens](#)*

### ○ Waterproof Pants

Seam-sealed and constructed of durable material.

#### *Product Suggestion*

*Rab Downpour Eco [Womens & Mens](#)*

### ○ 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.

#### *Product Suggestions*

*Rab Xenair Alpine Light [Womens & Mens](#)*

*Rab Nexus Pull-on [Womens & Mens](#)*