



MANDATROY GEAR CHECKLIST

Mobile Phone

- You must download the Emergency Plus phone application and enable GPS location whilst using app.
- Add the Event directors and relevant aid station contact numbers to your phone address book:

RD Shane Johnstone 0428 122 378	Aid 2 TBC
RD Mitchell Craig 0439 935 314	Aid 3 TBC
Aid 1 TBC	Aid 4 TBC

Please ensure it is 100% charged morning of the event. If your phone does not hold charge well we recommend having a battery pack.

Telstra Coverage is recommended as other service providers have no to very limited range in this region.

Please note pre-paid phones are permitted providing they have sufficient credit to make a call if an emergency situation was to arise.

First Aid Kit

- 1x crepe bandages 7.5cm x 2.3m long
- 1x specific snake bandage 10cm x 4.5m
- 6x wound closure strips
- 1x triangular bandage
- 2x non-stick wound dressing pads
- 1x pair of surgical gloves

Space Blanket or Emergency Bivvy

- Unmodified space blanket

Whistle

- Working whistle

Most trail running hydration packs have an inbuilt whistle.

Water Reservoir

- 750ml+ reservoir

We recommend you have a collapsible cup or suitable water container that can be filled up at aid stations. Please note for environmental reasons there will not be prefilled cups. There will be water and sports drink at designated aid stations in 20L reservoirs. You are also welcome to leave a drop bag



at Aid Stations with additional nutrition and hydration supplies in a container less than 30cm x 30cm, labelled with your name and race bib number.

Head Lamp

- Working headlamp with full charge
- 1x set of spare batteries (can be a recharge battery) or a second headlamp.

Wind and Water Proof Jacket

- Good condition wind proof jacket with taped seams

This is to keep you warm and dry. Please note if you need medical assistance due to the remoteness of this course it may take a while for support to reach you.

High Vis Vest

- Meets Australian standards and suitable size to be outer most layer.

Thermal*

- Correct size thermal top

**This item will depend on weather and water levels. It would be wise to put this in a waterproof bag to protect it from sweat and rain. We will advise at the opening ceremony if it is or isn't required.*

Emergency Food

- Have one food item that has 20-30g of carbohydrates in addition to planned nutrition.
- Please label '**emergency**' on this item. You will finish with this item unless you had to resort to an emergency scenario.

Evidence of 5 pieces of rubbish picked up pre-event

- Photo evidence of 5 pieces of rubbish / person

Please take the time to do your part for the world and pick up 5 pieces of rubbish (use tongs) then take a photo of the items for evidence before you dispose of them appropriately. Please note this can be done in the weeks leading up to the event. Please note each team member is required to pick up 5 pieces and have evidence of that.

On the day you are also required to have your race bib visible (bib number belts are useful for this) and your tracker with you whilst running on course.

Runner: _____

Review by: _____

Signature: _____

Date: _____