



## EQUIPMENT CHECKLIST

### Paddle Gear

- Kayak (Hiring Available – [www.adventurethon.com.au](http://www.adventurethon.com.au))
  - Paddle
  - Personal flotation device (PFD) **Mandatory** *Small range available for purchase at Race HQ*
  - Leg leash **Mandatory for Ultra & Enduro Events** *Available for purchase at Race HQ*
  - Orange Smoke Flare **Mandatory for Ultra, Recommended for Enduro Events** *Available for purchase at Race HQ*
- All kayaks will be checked for PFD, leg leash and flare, where required, at the race start.*

### Running Gear

- Running shoes/ Trail shoes (find the best Trail Shoes with Raidlight [www.raidlight.com](http://www.raidlight.com))
- Socks (possibly more than 1 pair depending on course layout)

### MTB Gear

- Mountain Bike (aim for at least front suspension, Hiring available – [www.adventurethon.com.au](http://www.adventurethon.com.au))
- Tri shorts or cycle shorts (or 1 piece suit with pockets)
- Cycle top or endurance tri top with room for nutrition storage
- Australian Standards Bike Helmet **Mandatory**
- MTB Shoes (optional) basically don't bring the carbon soled shoes
- MTB Gloves
- Hand pump for MTB maybe a canister or 2 of CO2 for faster inflation
- 2 or more spare tubes (dependant on course and bike style) (Look at a tubeless conversion kit or some slime to reduce puncture likelihood)
- Chain breaker and multi tool (for MTB repairs on the go)
- Spare chain link

### Other Gear

- Hydration pack & OR race belt for each leg- you can drink on all disciplines easily including paddle (for MTB a hydration pack is recommended as the handling is safer when riding)  
Checkout hydration packs from [www.raidlight.com](http://www.raidlight.com)
- Electrolytes and Carbohydrates as necessary during the event CAN BE GELS and also as a liquid in a hydration pack
- 2 Bandages for run leg and Cycle leg **Mandatory for Ultra, Enduro and Duathlon. Recommended for Taste and Junior events** *Available for purchase at Race HQ*
- Hat
- Sunglasses