



EQUIPMENT CHECKLIST – ULTRA, ENDURO & DUATHLON

Paddle Gear

- Kayak (Hiring Available – www.adventurethon.com.au)
- Paddle
- Personal flotation device (PFD) **Mandatory. Must be L50 or Type 2 (or above)** *Small range available for purchase at Race HQ*
- Skis - Leg or paddle leash **Mandatory for Ultra & Enduro Events** *Available for purchase at Race HQ*
- Sea Kayaks - Paddle leash & skirt **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 or paddle 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)
- 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)
- 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
- 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.**
- Hat
- Sunglasses