



## EQUIPMENT DEMOLISH CHECKLIST

### Run Gear – Great Ocean Trail Run

It is mandatory that at all Adventurethon Events athletes carry water on them

- Running shoes/ Trail shoes
- Socks (something suitable to get wet)
- Hydration pack & OR race belt - you can drink on all disciplines easily)
- Electrolytes and Carbohydrates as necessary during the event CAN BE GELS and also as a liquid in a hydration pack
- Hat
- Sunglasses

**NOTE:** If you think your completion time will take longer than 2 hrs please bring a light.

#### **Mandatory For all lengths**

- 2 Bandages
- Dressing/Bandaids