



EQUIPMENT LIST

Paddle

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

- Kayak, surf ski, canoe, Sup, Outrigger **Mandatory** – any type of rudder will be fine (underslung or trailing rudder) *Hiring Available – www.peakadventure.com.au*
- Paddle **Mandatory**
- Personal flotation device (PFD) **Mandatory. Must be L50 or Type 2 (or above)**– *INFLATABLE PFDs ARE NOT ACCEPTABLE. A Small range is available for purchase at Race HQ*
- Whistle **Mandatory** (Ultra/Long course only)
- Water/Hydration **Mandatory**

Highly recommended

- May need warm clothing (have it packed) in case it's cold
- Handy to have spare string and cable ties just in case you need running repairs
- Sunglasses, sun protection and sunscreen
- High visibility clothing
- Phone in waterproof case

Competitors without the mandatory equipment will be immediately disqualified and not allowed to continue.

Phone with emergency HQ contact 0447496489 is recommended





EQUIPMENT LIST

Ride

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

- Mountain Bike **Mandatory** (aim for at least front suspension)
- Australian Standards Bike Helmet **Mandatory**
- 2 Compression Bandages **Mandatory**
- Water **Mandatory** (a hydration pack is recommended as the handling is safer when riding)

Highly recommended

- Electrolytes and Carbohydrates as necessary during the event CAN BE GELS or as a liquid in a hydration pack
- Mountain bike shoes
- Mountain bike gloves
- Hand pump for MTB or 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
- Cycle top or endurance tri top with room for nutrition storage
- Tri shorts or cycle shorts ([Available to purchase online – http://www.adventurethon.com.au/store](http://www.adventurethon.com.au/store))
- Sunglasses
- Sun protection/sunscreen

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EQUIPMENT LIST

Run

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

Mandatory Ultra/Long & Enduro/Medium Course

- 2 Bandages
- Whistle
- Panadol or similar
- Dressing/Bandaids
- Triangular bandage
- Emergency blanket
- Water - Hydration pack or a race belt/ vest

Mandatory Taste/Junior Course

- 2 Compression Bandages
- Water - Hydration pack or a race belt/ vest

Highly recommended (all courses)

- Electrolytes and Carbohydrates as necessary during the event. Can be gels or as a liquid in a hydration pack
- Running shoes/ Trail shoes
- Socks (remember the river crossings so take suitable socks)
- Hat
- Sunglasses
- Shin protection (gaiters or long socks in case of slipping on rocks)
- Ankle strapping (if prone to rolling)
- Rain Jacket or thermal under top (May change to mandatory based on weather)

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recommended**

