



## EQUIPMENT LIST

# Run

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

### **Mandatory ALL COURSES**

- 2 Compression Bandages or 1 Snake Bandage
- 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
- Hat
- Sunglasses
- Shin protection (gaiters or long socks)
- Ankle strapping (if prone to rolling)

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

**Phone with emergency HQ contact 0447496489  
recommended**



## EQUIPMENT LIST

# Paddle

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

### **Mandatory ALL COURSES**

- Kayak, surf ski, canoe, SUP, Outrigger – trailing rudderbest to avoid damage or smallest surf rudder you can find
- Paddle
- Personal flotation device (PFD) **Must be L50 or Type 2 (or above)**– *INFLATABLE PFDs ARE NOT ACCEPTABLE. A Small range is available for purchase at Race HQ*
- Water/Hydration

### **Highly recommended**

- Booties or similar should you need to portage or walk out
- Sunglasses, sun protection, sunscreen, and gloves in case you need to push off bushes
- High visibility clothing
- Gaff/cloth tape, cable ties, etc. in case repairs are needed
- Phone in waterproof case

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**Phone with emergency HQ contact 0447496489 is**





## EQUIPMENT LIST

# Ride

**It is mandatory that at all Adventurethon Events athletes carry water on them**  
**Mandatory ALL COURSES**

- Mountain Bike (aim for at least front suspension)
- Australian Standards Bike Helmet
- 2 Compression Bandages or 1 Snake Bandage
- Water (a hydration pack is recommended as the handling is safer when riding)
- Equipment to repair flat tyre (at least 1 set required). Equipment will vary depending on bike set up but includes pump, CO2 canisters, tubes, foam or slime, tyre levers etc

### **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
- 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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