



## 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 it is safer when riding)
- Equipment to repair a flat tyre (at least 1 set required). Depending on bike set up this equipment may include;
  - ⇒ 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)
  - ⇒ Tyre leavers
  - ⇒ Tyre foam or slime

### **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

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

**Phone with emergency HQ contact 0447496489 is 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– any type of rudder will be fine (underslung or trailing rudder)
- 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**

- 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

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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 compression Bandages or 1 snake bandage
- Whistle
- Panadol or similar
- Emergency blanket
- Water - Hydration pack or a race belt/ vest

### **Mandatory Taste/Junior Course**

- 2 Compression Bandages or 1 snake bandage
- Whistle
- 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 on the ULTRA course so take suitable socks)
- Hat
- Sunglasses
- Shin protection (gaiters or long socks)
- Ankle strapping (if prone to rolling)
- Rain Jacket or thermal under top (May change to mandatory based on weather)

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

**Phone with emergency HQ contact 0447496489  
recommended**

