



## 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**

