

## 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

#### **WARNING**

**This course has A LOT of thorns! BE PREPARED!**

#### **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
- 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**



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## 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 – ALL COURSES**

- 2 Compression Bandages or 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
- Trail shoes
- Hat
- Sunglasses
- Ankle strapping (if prone to rolling)
- Rain Jacket or thermal under top (May change to mandatory based on weather)

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