

## 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

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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